

The ATOM YEAR BOOK 1938



WITH THE COMPLIMENTS

KEMBERS

— A. A. McIVOR, M.P.S. —

Dispensing Chemists

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Introduction

This little publication is presented to you with the intention of forming a link between you and your pharmacist.

In it will be found many items of interest, most of them dealing with pharmacy generally and it will be found that unlike most brochures of this nature, the information and advice contained herein has been compiled from the results of experiments by the most eminent scientists of the past and present generations, and therefore the "Atom" will become a Cyclopædia to which you will turn to answers to your problems many times throughout the year.

From the lack of advertisements, it will be appreciated that the "Atom" is published at very considerable personal expense and in presenting it to you we do so feeling that it will be accepted with our sincere wishes as a personal gift of some value.

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THE following few lines have been compiled with every respect to our customers, but in these days of competition it is perhaps necessary to stress the importance of going to the correct source to obtain one's requirements.

We, as pharmacy owners, should be very surprised if one of our customers called for our assistance in supplying his needs for shoes.

Yet, equally absurd purchases are made every day in every trade and profession.

The goods that the pharmacy offer for sale have been specially scientifically prepared by eminent pharmaceutical manufacturing firms, and when they reach you they are backed by a guarantee of absolute purity.

Quite possibly, some of the products are obtainable from establishments other than a pharmacy, and might in some instances be sold cheaper.

This is really not to be wondered at and is, of course, of little consequence to the pharmacist, BUT, in all fairness to the profession, you should appreciate that if the pharmacist asks very slightly more for certain products, as sometimes is necessary, it does not follow, and indeed is not the case, that he is making an additional profit, but his purchase price has been slightly higher on account of the goods being acquired from such a firm as he knows are reliable, and can thus retail them with the utmost feeling of satisfaction that they are guaranteed pure.

In short, the pharmacy can, but will not sell you shoes, BUT it is there for supplying your every pharmaceutical and medical need, which after all, are of such importance that it is necessary for the pharmacist to spend many years of his earlier life and considerable sums of money in order to gain the qualifications that are essential before he can set up his pharmacy.

This being so, is it too much to ask of you to patronise the pharmacy for all requirements appertaining to the profession ?

Remember :—

There is hardly anything in the world that some man cannot make a little worse and sell a little cheaper, and those who consider price alone are that man's lawful prey.

A Guide to the Symptoms of Diseases and Common Ailments and their Treatment

Acne. An eruption of pimples with blackheads to which youths of 14 to 20 are especially liable.

Treatment. A sulphur lotion applied frequently helps the normal action of the skin, and prevents the spread of the disease. It is best used in the daytime, care being taken that it does not get into the eyes. Use medicated skin soap and a blood purifier for clearing the blood of all impurities. Greasy and rich foods must be avoided, and a good plain diet adopted.

Ague. Shivering fits such as attack those subject to malarial relapses. The patient should rest, and quinine should be administered. The dose varies so with different individuals, that it is best to have medical opinion before giving more than five-grain doses.

Anæmia. The treatment of this complaint requires very careful management. The bowels should be kept well regulated by the use of a vegetable laxative. The diet should consist of lean beef, raw and lightly poached eggs, with plenty of fresh milk, vegetables and fruit; the following prescription is frequently given—it contains the necessary iron for which the blood craves:—Blaud Pills, gr. 5; if accompanied by lassitude or depression, Compound Syrup of Hypophosphites.

Anthrax. An inflammatory tumour or carbuncle, in many cases proving fatal. A very bad form of Anthrax may be obtained from using cheap brushes, such as Hair Brushes, Shaving Brushes or Tooth Brushes.

Precaution. It is always advisable when buying new brushes to first wash them in a very strong disinfectant fluid—preferably a mixture of Lysol and Water.

Appendicitis. Is usually cured by an operation. Prevention is quite a simple matter, however, and if the bowels are kept well regulated, there is little to fear from this comparatively common complaint.

Apoplexy is an affection of the brain which brings immediate unconsciousness. Medical attention is absolutely necessary.

First Aid. Restrain all unnecessary movement, raise the head and loosen clothing. Apply ice or cold water cloths to the head, and put the feet in hot mustard and water. A dose of calomel is recommended by many medical men as an immediate purgative.

Asthma. A most distressing, though not usually fatal disease. During the attack of gasping and struggling for breath, an asthma fume should be burned in the bedroom, and the fumes inhaled by the patient. Strict attention should be paid to the diet—it must be light and regular—tea, coffee, condiments, and beef should be avoided. In some cases complicated by Bronchitis a doctor will prescribe Vaccine treatment, which often has excellent results.

Backache. The most common type is due to Muscular Rheumatism, and is not, as is generally supposed, due to Kidney trouble. Massage with a good embrocation.

Bad or Foul Breath is always an indication of some internal trouble, which is more often than not found to be chronic liver. Decayed teeth, Catarrh, or Indigestion, all give distinctive and offensive odour to the breath. A gargle with Glycerine of Thymol will often remove the unpleasantness, but the cause of the trouble should be sought and the correct remedy applied.

Bed Sores. An Antiseptic Dusting Powder, or, better still, Surgical Spirit, will be found most soothing and cooling; in addition it will prevent chafing from roughness of bed linen, etc.

Bile or Biliousness. Spots appear before the eyes, and are followed by severe headache, vomiting frequently occurs, and the patient gradually reaches a state of collapse. A dose of Health Salt should be taken at once, and extra care taken with the diet. The accompanying headache will often be relieved by a dose of Aspirin.

Should attacks of this description be frequent, it is advisable to have the eyes tested for astigmatism or other trouble. The symptoms resulting from eye strain due to such a weakness may easily be mistaken for those due to stomach trouble.

Bronchitis. Often commences as a simple cold caused by exposure to cold and damp. It is usually accompanied by a feeling of chilliness, aching of the limbs and feverishness. Wheezy sounds are heard in the air passages, and often pains are felt in the chest. The patient should be confined to bed and the temperature of the room maintained at 60 deg. F. Rubbing with a good Embrocation is beneficial.

The disease is most prevalent in cold damp climates, and in those subjected to rapid changes of temperature. Sufferers from Bronchitis frequently get a return of the complaint at irregular intervals, usually in the autumn or winter. They should avoid crowded rooms and places of amusement.

Burns and Scalds. Immediate treatment will often prevent serious developments, and it is very necessary to keep the materials at hand so that no delay is occasioned should such an accident take place. The first thing to do is to exclude the air from the affected parts, flour or bicarbonate of soda answers the purpose very well. If a large surface of skin is injured or the burn be very deep, medical aid should be sought at once.

Chafing of the Skin. Very apt to occur in babies where any two moist folds of skin come together. Wash and dry carefully, and dress the surface with Antiseptic Dusting Powder.

Chapped Hands. Usually due to insufficient drying of the hands after washing in cold water. Lanoline is a good healing and softening application. Glycerine and Honey Jelly will be found of remarkable value in chronic cases, as it restores the elasticity of the skin and heals the painful cracks in a very short time.

Chicken-pox. An acute infectious disease characterised by the appearance of successive crops of small red spots. The spots form a scab in about 6 days which falls off in a few more days. Any part of the body can be attacked by this eruption and the scalp is frequently affected. To distinguish mild cases of small-pox from chicken-pox there is *no* previous pain in the back, and the spots have *no* central depression. In small-pox the fever subsides when the rash appears, whilst in chicken-pox the reverse is the case.

Children are the most liable to chicken-pox, which takes thirteen to twenty days to appear. Infection ceases when every scab has fallen off, particular attention being paid to the scalp.

Treatment. Confine to bed and keep up the strength on a light diet. If at all doubtful whether small-pox is indicated, call in the doctor.

Chilblains. Persons subject to these should be careful to wear loose warm clothing and to avoid exposing extremities to extremes of heat and cold. Chilblain Paint or Chilblain Ointment is sure to give relief. Plenty of nourishing food should be taken, and as much fat, butter, cream, etc., as can be assimilated. A course of Cod Liver Oil will be found most beneficial in giving the added nourishment which is so essentially needed. Avoid tight boots, and see that the soles are thoroughly watertight; wash-leather socks are a splendid preventive.

Colds. Can be prevented by the exercise of great care. Avoid hot, stuffy rooms and public places, breathe through the nose, and gargle with a good antiseptic, such as Glycerine of Thymol, suck Glycerine of Thymol Pastilles after being exposed to infection. Take Cinnamon and Quinine at the first sign of having caught a cold. With children's colds it is both safe and advisable to give Honey, Glycerine and Lemon with Ipecacuanha. Great relief and benefit is assured.

Handkerchiefs, towels, etc., are all carriers of germs, and care should be used to avoid infection by these means.

Colic. If there is any possibility of this being merely a symptom of some underlying serious condition, call in a doctor at once. Simple Colic can be relieved by taking a couple of drops of Oil of Peppermint on sugar, and following it up by a tablespoonful of Castor Oil. Colic in hand-fed babies may be due to over-feeding, inappropriate diet, or want of cleanliness of the feeding bottle. Remedy these and give Infants' Gripe Mixture.

Constipation. The commonest of all complaints, it is the root of many more serious diseases, and afflicts alike all conditions and ages of men. Cascara Sagrada is undoubtedly one of the best and safest medicines. Children require usually a very mild form of Laxative, and Syrup of Figs is ideal for even the weakest child. Laxative Tablets are also very pleasant and efficacious. Attention should be paid to the diet if the complaint shows any signs of becoming chronic. Fresh fruit, prunes, coarse or brown bread should be taken regularly, and are most effective at breakfast time.

As a gentle internal lubricant there is nothing better than Liquid Paraffin. It is tasteless and odourless—forms no habit.

Convulsions in Children. First Aid—place the child in a hot bath (98° F. or blood heat), administer a dose of Castor Oil, and send for the doctor.

Coughs. Those liable to coughs should take Cod Liver Oil during the winter and early spring, as it increases the bodily resistance to cold, and renders the cough less liable to become chronic. Bronchial Lozenges are a handy and effective means of subduing a cough, and can be taken freely without fear. Rub chest at night with a Vapour Rub.

It should be noted that a cough is not in itself a disease, but is the result of some affection of one of the respiratory organs. Continual coughing actually sets up irritation, and should not be treated lightly—medical opinion should be taken if it persists.

Croup (Spasmodic). Place the child in a warm bath (98° F. or blood heat) into which has been sprinkled an ounce of mustard. A teaspoonful of Ipecacuanha wine may be given to produce sickness pending the arrival of the doctor.

Prevention. In cold weather the child should be clothed from head to foot in warm woollen clothes; the throat and neck may be sponged daily in cold water to harden the tissues and lessen the sensibility to cold.

Diarrhœa. If not dependent upon some disease of the bowels give a liberal dose of Castor Oil. When this has acted and pain subsides, give Diarrhœa Mixture. Avoid hot foods and drinks, vegetables and meat. Boiled milk, arrowroot, sago or rice may be taken at frequent intervals. The Summer Diarrhœa of young children requires medical attention.

Dysentery. A disease occurring in many forms in various parts of the world. It is most prevalent in malarial districts, and is very prone to occur in military camps. The presence of blood in the stools is a symptom not to be regarded lightly, as it almost invariably indicates the presence of this disease in one form or another. Immediate medical treatment is necessary.

Preventive Measures. Dysentery can be avoided by perfect sanitation, a pure water supply, and the provision of well-cooked food, which should be as varied as possible.

Ear-ache. In most instances is due to acute inflammation of the middle ear. It may also come from, wax, boils, Eczema or Neuralgia affecting the canal into the ear. Have the teeth examined, as the pain from a bad tooth may be the cause of the trouble. Hot fomentation put over the ear, and a small mustard leaf behind, will relieve the pain. Neither syringe the ear nor put drops into it. If the pain persists consult a doctor.

Eczema. A term which is popularly used for any type of skin eruption, whether of mild or acute form. The most common form of complaint is that in which discharging sores appear upon the surface of the skin, accompanied by acute irritation and a general lowering of the bodily health. Great care must be taken to avoid spreading the trouble, and scrupulous care in burning dressings, etc., is very necessary. Washing the affected parts must be done very carefully—soft water and a suitable soap are most essential.

Eye, Foreign Bodies in. Insects, pieces of dust or grit, should be removed as quickly as possible. A loop of thread or a small swale of cotton on a match-stick makes the most convenient means. Never rub the eyes, it only causes inflammation and does not relieve irritation. An Eye Lotion is the best application to use if the eyes are inflamed or overstrained.

Fainting. Lay the patient down with the head low and loosen the garments about the neck and chest. When consciousness returns, and not before, a teaspoonful of Sal Volatile in half a tumblerful of water may be given. A threatened attack of fainting can often be prevented if the patient will bend down with his head low, as if to unlace the shoe. Smelling Salts should be carried by persons subject to faintness, and if used in time will often ward off an attack.

Fever. An abnormally high temperature of the body is a definite symptom of many diseases, and usually is an indication that medical attention is required. A clinical

Thermometer should be kept in every household, and the temperature taken at the first sign of illness. Normal temperature is 98.4° F.

Flatfoot. Can frequently be cured by the use of a well-fitted appliance, and the constant practice of tip-toe exercises.

Growing Pains. A large proportion of the slight pains in the limbs and joints of children or young persons is definitely due to rheumatism. Rest, preferably in bed, should be insisted upon, and Aspirin prescribed. If these pains are accompanied by a considerable rise in temperature, a medical man should be consulted.

Hair, Care of the. The appearance of the hair is with most people a fair indication of their general bodily health. Care is needed, therefore, especially during illness, to keep the hair healthy, and thereby maintain its "life" and gloss. Most cases of baldness are preceded by a disease of the scalp, known as Seborrhœa (greasy or dry scalp, scurf, or dandruff). Precautions must be taken immediately this malady is noticed. As long as the small hair follicles are alive, new hair can be grown to replace that which is falling out. Hair Tonics should be well massaged into the scalp night and morning with the finger tips or a stiff brush, the friction being just as necessary as the tonic, which stimulates the scalp, and feeds the wasted tissues which produce the hair. Ordinary Soap should not be used for washing the hair, as it has a tendency to dry on the scalp and encourage the formation of scurf.

Hair brushes should be kept scrupulously clean, and the grooming of the hair should be done very thoroughly at least once a day. Use good stiff bristles, and brush for five or ten minutes. Fresh air and sunshine are good for the hair, especially after it has been washed. Nothing responds more quickly to care, and the time spent on it, than the hair, and nothing so quickly loses tone if it is neglected.

Hay Fever. A distressing complaint which attacks quite a large proportion of people every summer. The presence of pollen in the air is sufficient to induce an attack, and liability to recurrence lasts from four to six weeks each year. Residence at the seaside during the month of June is helpful in lessening the severity of the symptoms. Palliatives such as Smelling Salts, Nasal Douches, and cold shower baths, give a certain measure of relief.

Headaches. Are warning signals which should never be neglected; they can arise from innumerable causes, and their origin should be ascertained at once. Very frequent headaches indicate overstrain of the eyes and the need of glasses. Bad teeth have a tendency to bring frequent headaches, and a dentist should be consulted if any teeth are decayed; disorder of the digestive system is often indicated, and the headache will in this case usually disappear if a laxative is taken immediately. Relief can be obtained by taking Aspirin Tablets.

Hoarseness and Loss of Voice. Have the throat and chest well rubbed with a good embrocation and rest the voice. Take plenty of fresh air and avoid stuffy rooms. Bronchial Lozenges may be used freely to ease the husky feeling.

Housemaid's Knee. Inflammation about the knee, accompanied by a good deal of pain. The limb must be rested, and the swelling treated with Iodine Ointment. On alternate days it is advisable to use a healing ointment to prevent the skin cracking; continue the treatment until every trace of swelling has vanished.

Influenza. A dangerous illness, often epidemic, and of recent years exceptionally virulent and far-reaching in its visitations.

However mild the attack, the patient should go to bed, take a laxative, and be placed on a light diet until the fever subsides. The temperature should be taken frequently, and the doctor called in if it becomes

very high. Cold and Influenza Mixture is the standard medicinal treatment, and is wonderfully effective if taken in the early stages of the disease. Cinnamon and Quinine will be found a wonderful preventive. It should be kept in every household in readiness to administer on the first sign of the influenza symptoms.

Preventive treatment is very successful if systematically carried out. During an epidemic all public buildings should be avoided as much as possible; plenty of exercise in the open air and a sufficiency of good plain food will go far to render the body impervious to the attack of the germ.

Those weakened by influenza or who seem specially liable to the infection will find Cod Liver Oil Emulsion the finest way of building up bodily strength and resistance.

Itch. An infectious disease caused by a small organism which burrows under the skin, producing severe irritation. The parts most subject to attack are the soft skin between the fingers and toes, the wrists and abdomen. Scratching quickly spreads the complaint, so that prompt treatment is most essential. Bathe with Sulphur Soap for three days; the Soap must be used freely and well rubbed in. After each bathe use Sulphur Ointment. All infected clothing must be stoved to prevent a recurrence.

Jaundice. A disease caused by some obstruction to the Bile Ducts, and is easily recognised by the yellow colour exhibited by the patient's eyes and skin. As there are many differing circumstances which may have tended to produce the symptoms, self-treatment is apt to be unwise. It is safer to administer castor oil, put the patient to bed, and call a doctor.

Kidney Complaints. When disease of the kidneys is suspected the doctor should be consulted at once. Meantime, if much pain in the back is felt, the application of hot moist bran poultices should give relief. Backache and Kidney Pills have proved an excellent remedy for Backache, Lumbago and Sciatica.

Liver. The Liver is the largest glandular organ in the body, and unless its purpose is being fulfilled with unfailing regularity the bodily health suffers immediately. The habits and customs of the individual have a great influence on the state of the Liver. Excess in eating or drinking, neglect of the daily functions, lack of exercise, fresh air and good food, all have their immediate reactions on the Liver. The Liver in turn influences the mind and body of the individual. It is a sound habit to take a small quantity of Health Salt in a tumblerful of cold or tepid water every morning before breakfast. The amount required by different people varies from a salt-spoon to a teaspoonful. The excessive use of alcohol is one of the causes of the degeneration known as Cirrhosis, and in all Liver complaints alcohol should be avoided on account of its irritating properties. The bowels must be well evacuated every day, and the patient is advised to take at least three pints of water daily between meals.

Lumbago. Has no connection with the Kidneys, although the pain is referred to the region in which they lie. A turpentine stupe or a couple of mustard leaves applied to the affected part will relieve the pain. Massage with Embrocation is helpful, and exercise to improve the circulation in the lumbar region will eventually drive it away. Keep the bowels well flushed.

Measles. A very infectious disease which is frequently epidemic amongst children. It attacks adults of all ages, but not with the same frequency as is observed with those under 14 years of age. Although in itself not a dangerous disease, it is so liable to leave weakness and complications behind that most careful nursing is necessary. The disease can be recognised by the spots which appear first near the temples and behind the ears, afterwards spreading over the whole body. Children in the same house should be isolated as far as possible, and should not attend school. A child who has had measles should not return to school under three weeks from the appearance of

the rash. During the attack and immediately afterwards, every care must be taken to avoid a chill. The administration of Cod Liver Oil Emulsion is indicated as being calculated to restore the vitality and bodily strength more quickly.

Migraine or Sick Headache is commonly limited to one side of the head, and associated with nausea and vomiting. It is not always possible to prevent attacks coming on, but they can often be stopped by taking two or three Tablets of Aspirin, lying down absolutely quiet in a darkened room, applying cold water, or, preferably, Lavender Water to the head, and abstaining from food. If the complaint is inclined to become chronic, and attacks frequent, it is better to consult a doctor and find out the underlying cause.

Mumps. A contagious epidemic disease which is due to inflammation of the salivary glands situated on either side of the lower jaw. It commences with more or less fever, swelling at the angle of the jaw, which gradually spreads to the face and neck in the vicinity of the gland. The patient should remain indoors. Hot fomentations should be applied to the swelling. The diet should consist of milk, milk and soda, chicken and mutton broth, etc. As an internal medicine give Fever Curer. The neck and parts affected may be gently rubbed with Embrocation, and keep the bowels open—it is advisable to give a dose of laxative immediately the complaint manifests itself.

Considerable debility and anæmia may persist after the illness, and it is necessary to administer a tonic food for some considerable time. Emulsion of Cod Liver Oil is ideal for the purpose.

Neuralgia. To avoid attacks those subject to the affliction should avoid sudden excitement and take plenty of exercise in the open air. At the same time avoid overstrain, either mental or physical. A regular diet of good plain food should be adopted, and regular hours of sleep cultivated. A Neuralgia Mixture is useful in subduing the pain.

Neurasthenia. A type of complete nervous exhaustion arising from some mental cause, and often accompanied by hysteria. Radical treatment is absolutely necessary. If at all possible, the patient should have a complete change of environment, and a week or so in bed followed by a seaside holiday in pleasant but quiet surroundings. Compound Syrup of Hypophosphites is very helpful.

Piles (or Hæmorrhoids.) To prevent this painful ailment avoid constipation. During an attack keep the parts perfectly clean, and use Pile Ointment freely. Sufferers should abstain from all alcoholic stimulants. Cold baths and the avoidance of sitting too long at a desk are also helpful.

Pleurisy. Inflammation of the walls of the chest. A disease characterised by many variations and complications. Each case must of necessity be treated on its merits, in accordance with the medical history and constitution of the person affected, so that the attention of a doctor is imperative.

Rickets. Usually noticeable in a child when it first begins to walk, caused through lack of lime in the bones. Once these are deformed nothing short of an operation can effect a cure, but a great deal can be done by suitable diet and treatment, if the disease is taken in time. The child should have plenty of fresh unskimmed milk, meat juice, fresh air and sunshine. In order to provide the necessary bone-forming material Emulsion of Cod Liver Oil with Hypophosphites is particularly useful.

Scarlet Fever. An acute infectious disease which is most prevalent in children between the ages of two and ten.

Symptoms. Rise in temperature, headache, sore throat, sometimes sickness. In about twenty-four hours the rash appears. The patient needs medical care, and should be carefully guarded from complications. Isolation usually lasts six weeks.

Small-pox. A notifiable infectious disease. Medical attention is absolutely necessary, and removal to an isolation hospital is usually insisted upon. Vaccination has proved most efficient in protecting the system against attacks, and greatly modifies the effects of the disease in the unlikely event of a vaccinated person catching it. Vaccination should be repeated every six or seven years to secure the maximum of immunity.

Shingles. For the actual eruption little is required beyond the application of Dusting Powder; the part should be covered with cotton wool and a bandage. Neuralgia often accompanies this ailment in elderly people, and should be treated with Aspirin. Nerve Tonic is highly recommended as a preventive of renewed attacks.

Sore Throat. Those susceptible to frequent sore throats, or Smoker's Throat, should always keep a tin of Iodized Throat Lozenges handy. These will gradually harden the tissues and also prevent the entrance of infection through the throat.

Sprains. The result of forcibly overstraining the ligaments of a joint. The part should be lightly bandaged, and the bandage soaked in cold water or Arnica Lotion. A sprain should always be treated at first with absolute rest. The pain and swelling should then subside in a couple of days; if this period is long delayed, a doctor should be consulted. When the swelling has gone down the parts may be gently massaged with Embrocation and gradually brought into use again.

Stiff Neck. A form of Muscular Rheumatism, to be treated on the same lines as Muscular Rheumatism in other situations.

Stomach Disorder. Indigestion in its many forms is one of the most common of modern complaints. For the relief of all stomach disorders, Professor Maclean's formula has established a world-wide reputation with the Medical Profession.

Thrush. Is due to a fungus growth appearing in the mouth of an infant, white pearly specks like milk-curd, which grow rapidly into a membrane. It only appears in those of impaired health or who have been using dirty feeding bottles. It should be removed by washing the mouth frequently with borax solution—10 grains to the ounce of water—and painting with Glycerine of Borax. The general health must be maintained, the bowels regulated, and scrupulous cleanliness of food and vessels attended to.

Typhoid Fever. A continued fever of long duration, usually accompanied by diarrhoea and the appearance of a rose-coloured rash. The disease is both infectious and dangerous—it requires the earliest possible examination by a doctor, and the most efficient and devoted nursing.

Ulcers. Are sores which discharge matter, and may result from any form of irritant, applied to skin or other surface on which they may appear. Poorness of the Blood, general weakness of the constitution or a defective condition of the circulation, are also factors in their production. Emulsion or Malt Extract is recommended to improve the nourishment, and Blood Purifier will help to get rid of obnoxious matters in the system. Wet Boracic Dressings followed by Ointment should be applied locally where possible. Ulcers in the mouth are frequently due to indigestion, in which case treat as in Stomach Disorders.

Warts. Apply a Caustic Wart Pencil, which will quickly rid the skin of these eruptions.

Weakness and General Debility. In cases of children give a Tonic or Emulsion, according to directions. In adults, Malt Extract with Cod Liver Oil and plenty of nourishing food and outdoor exercise are indicated. Syrup of Hypophosphites is particularly useful where there is an increasing tendency to a nervous

breakdown. The condition is usually a chronic one, and treatment must be persistent. An entire change of scenery and society is often useful.

Whooping Cough. Is epidemic, and the child should be isolated from others who have never had an attack. During the first catarrhal bronchitis stage all cases are best kept in bed. Once a whoop has developed the patient is better to be up, always provided there are no complications; and strong children are undoubtedly better to be out of doors in dry, warm weather. Weakly children, on the other hand, should be kept in the house, but in a freely ventilated room, not in a hot, stuffy atmosphere. Whooping Cough Mixture should be given, and the whole of the chest—front, back, and both sides—should be rubbed with Embrocation. The diet should be light, but seldom needs to be restricted entirely to liquids. It is a good plan to feed immediately after a bout of coughing. When the cough has subsided, Malt Extract and Cod Liver Oil is of the greatest assistance in re-establishing the normal health.

Worms. Starvation, medication and purgation is the key-note of the successful treatment of all kinds of intestinal worms. First of all, clear the bowels by giving a good dose of castor oil the night before. If this has not acted first thing in the morning a dose of salts will assure it. The bowels being empty, the drug for killing the parasite, or at all events for temporarily paralysing it, will have the better chance to act. Keeping the patient without food in the meantime, Worm and Aperient Powders, or Worm Cakes, may be given. Two hours afterwards another dose of salts will effectually expel anything which has been left. The treatment should be repeated in three or four days.

—IF IN DOUBT
CALL IN THE
DOCTOR.

CRICKET NEWS

ENGLAND v. AUSTRALIA.

The 134 matches played have resulted as follows :—

		Date of First match.	Won by England.	Won by Australia.	Drawn.	Total.
In Australia ...	... 1876-7 ...	32	38	2	72	
In England ...	... 1880 ...	20	15	27	62	
	Totals ...	52	53	29	134	

Highest Totals for an Innings.

By England.				By Australia.			
636	... Sydney	... 1928-9		729	(6 wkts.), Lord's	1930	
627	(9 wkts.), Manchester	1934		701	... The Oval	... 1934	
589	... Melbourne	... 1911-12		695	... The Oval	... 1930	
577	... Sydney	... 1903-4		600	... Melbourne	... 1924-5	
576	... The Oval	... 1899		586	... Sydney	... 1894-5	
551	... Sydney	... 1897-8		584	... Leeds	... 1934	
548	... Melbourne	... 1924-5		582†	... Adelaide	... 1920-1	
524	... Sydney	... 1932-3		581†	... Sydney	... 1920-1	
521	... Brisbane	... 1928-9		573	... Adelaide	... 1897-8	
519	... Melbourne	... 1928-9		566	... Leeds	... 1930	
501	... Adelaide	... 1911-12		551	... The Oval	... 1884	
499	... Adelaide	... 1891-2		520	... Melbourne	... 1897-8	
483	... The Oval	... 1893		506†	... Adelaide	... 1907-8	
479	... Melbourne	... 1924-5		499	... Melbourne	... 1920-1	
475	(3 wkts.), Lord's	... 1926		494	... Leeds	... 1926	
475†	... Melbourne	... 1894-5		491	... Melbourne	... 1928-9	
464	... Sydney	... 1901-2		491	... Manchester	... 1934	
454	... Sydney	... 1932-33		489	... Adelaide	... 1924-5	
				485†	... Sydney	... 1903-4	
				476†	... Adelaide	... 1911-12	
				452†	... Sydney	... 1924-5	
				450	... Sydney	... 1924-5	

† The score was made in the second innings.

Smallest Totals for an Innings.

36	... Australia, Edgbaston	1902	44	... Australia, The Oval	1896
42	... Australia, Sydney	1837-8	45	... England, Sydney	1836-7

Most Runs in a Rubber.

For England	... 905, average 113·12, by Hammond (W. R.)	... 1928-9
For Australia	... 974, average 139·14, by D. G. Bradman	... 1930

Most Wickets in a Rubber.

For England	... 38, for 23·18 runs each, by Tate (M. W.)	... 1924-5
For Australia	... 36, for 26·27 runs each, by A. A. Mailey	... 1920-1

Most Wickets in a Match.

For England	... 15, for 124 runs, Rhodes (W.), at Melbourne	1903-04
For England	... 15, for 104 runs, Verity (H.), at Lord's	1934
For Australia	... 14, for 90 runs, F. R. Spofforth, at the Oval	1882

CRICKET NEWS—continued

Record Partnership for each Wicket.

(a)—By England.

323 for	1st	Hobbs (J. B.) and Rhodes (W.), at Melbourne ...	1911-12
188 for	2nd	Sutcliffe (H.) and Hammond (W. R.), at Sydney...	1932- 3
262 for	3rd	Hammond (W. R.) and D. R. Jardine, at Adelaide	1928- 9
151 for	4th	C. B. Fry and F. S. Jackson, at the Oval ...	1905
192 for	5th	Braund (L. C.) and R. E. Foster, at Sydney ...	1903- 4
170 for	6th	Sutcliffe (H.) and R. E. S. Wyatt, at the Oval ...	1930
143 for	7th	Vine (J.) and Woolley (F. E.), at Sydney ...	1911-12
124 for	8th	Hendren (E.) and Larwood (H.), at Brisbane ...	1928- 9
151 for	9th	W. W. Read and Scotton (W. H.), at the Oval...	1884
130 for	10th	R. E. Foster and Rhodes (W.), at Sydney ...	1903- 4

(b)—By Australia.

180 for	1st	W. Bardsley and S. E. Gregory, at the Oval ...	1909
451 for	2nd	W. H. Ponsford and D. G. Bradman, at the Oval	1934
229 for	3rd	D. G. Bradman and A. F. Kippax, at Leeds ...	1930
388 for	4th	W. H. Ponsford and D. G. Bradman, at Leeds ...	1934
183 for	5th	D. G. Bradman and A. Fairfax, at Melbourne ...	1928- 9
187 for	6th	W. W. Armstrong and C. Kelleway, at Sydney ...	1920- 1
165 for	7th	C. Hill and H. Trumble, at Melbourne ...	1897- 8
243 for	8th	C. Hill and R. J. Hartigan, at Adelaide ...	1907- 8
154 for	9th	J. McC. Blackham and S. E. Gregory, at Sydney	1894- 5
127 for	10th	J. M. Taylor and A. A. Mailey, at Sydney ...	1924- 5

Australia, in 1934, twice surpassed the highest partnership for any wicket in this series of Test Matches.

A Hundred on First Appearance.

For England.

152	W. G. Grace, Oval ...	1880
154*	K. S. Ranjitsinhji, Manchester ...	1896
287	R. E. Foster, Sydney ...	1903-4
119	Gunn (G.), Sydney ...	1907-8
115	Sutcliffe (H.), Sydney...	1924-5
137	Leyland (M.), Melbourne ...	1928-9
173	K. S. Duleepsinhji, Lord's ...	1930
102	Nawab of Pataudi, Sydney ...	1932-33

For Australia.

165*	C. Bannerman, Melbourne ...	1876-7
107	H. Graham, Lord's ...	1893
104	R. A. Duff, Melbourne	1901-2
116	R. J. Hartigan Adelaide ...	1907-8
104	H. L. Collins, Sydney	1920-1
110	W. H. Ponsford, Sydney ...	1924-5
164	A. A. Jackson, Adelaide ...	1928-9

* Denotes not out.

Duff also played a three-figure innings—146 at the Oval in 1905—in his last Test Match.

The Hat Trick.

For England.

Bates (W.), Melbourne ...	1882-3
Briggs (J.), Sydney ...	1891-2
Hearne (J. T.), Leeds ...	1899

For Australia.

F. R. Spofforth, Melbourne	1878-9
H. Trumble, Melbourne...	1901-2
H. Trumble, Melbourne...	1903-4

Bates' victims were: McDonnell, G. Giffen, and Bonnor; Briggs': W. F. Giffen, S. T. Callaway, and J. M. Blackham; and Hearne's: Hill, S. E. Gregory, and Noble.

CRICKET NEWS—continued.

Scorers of over 2,000 Runs.

	Innings.	Total Runs.	Highest Scores.	Times Not Out.	Average.
D. G. Bradman ...	31 ...	2,596 ...	334 ...	2 ...	89·51
Sutcliffe (H.) ...	46 ...	2,741 ...	194 ...	5 ...	66·85
Hobbs (J. B.) ...	71 ...	3,636 ...	187 ...	4 ...	54·26
C. Hill ...	76 ...	2,660 ...	188 ...	1 ...	35·46
W. W. Armstrong	71 ...	2,172 ...	158 ...	9 ...	35·03
V. T. Trumper ...	74 ...	2,263 ...	185* ...	5 ...	32·79
S. E. Gregory ...	92 ...	2,193 ...	201 ...	7 ...	25·80

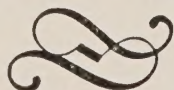
* Denotes not out.

Takers of 100 Wickets.

	Overs.	Maidens.	Runs.	Wickets.	Average.
C. T. B. Turner ...	1,052·4 ...	457 ...	1,670 ...	101 ...	16·53
Peel (R.) ...	1,093·3 ...	444 ...	1,715 ...	102 ...	16·81
H. Trumble ...	1,396·3 ...	448 ...	2,945 ...	141 ...	20·88
Barnes (S. F.) ...	958·1 ...	264 ...	2,288 ...	106 ...	21·58
Rhodes (W.) ...	988·3 ...	237 ...	2,616 ...	109 ...	24·00
M. A. Noble ...	1,169·1 ...	353 ...	2,850 ...	115 ...	24·78
G. Giffen ...	1,277·1 ...	434 ...	2,791 ...	103 ...	27·09
C. V. Grimmett	1,527·2 ...	427 ...	3,439 ...	106 ...	32·44

All-Round Cricket.

G. Giffen ...	...	1,238 runs and 103 wickets in 31 matches.
M. A. Noble ...	...	1,905 runs and 115 wickets in 39 matches.
Rhodes (W.) ...	...	1,706 runs and 109 wickets in 41 matches.



Somebody said it couldn't be done,
 But he, with a chuckle, replied,
 Maybe it can't, still he would be one
 Who wouldn't say so till he'd tried.
 So he buckled right in, with a bit of a grin
 On his face. If he worried he hid it.
 He started to sing as he tackled the thing
 That couldn't be done, and HE DID IT,
 There are thousands to tell you it cannot be done ;
 There are thousands to prophesy failure;
 There are thousands to point out to you, one by one,
 The dangers that wait to assail you;
 But just buckle in, with a bit of a grin,
 Then take off your coat and go to it ;
 Just start in to sing as you tackle the thing
 That cannot be done, and YOU'LL DO IT.

EDGAR, A. GUEST.

HOW MUCH DO YOU KNOW ?

- (1) Why is the compartment in an aeroplane occupied by the pilot known as the "cock-pit" ?
- (2) Why is the runner who does not receive a start in a handicap race called a "scratch" man ?
- (3) Why must a child when christened be sponsored by god-parents ?
- (4) Why do we speak of a Mare's nest ?
- (5) How came the Bulldog to be our "National" dog ?
- (6) Why is May regarded as an unlucky month for weddings ?
- (7) How came the name "Uncle Sam" to stand for the United States ?
- (8) What is the real origin of the "Scare Crow" ?
- (9) What is the object of "smoking" a beehive ?
- (10) Why is the National Anthem played at the end of a Public Performance ?
- (11) Why do we speak of "buying a pig in a poke" ?
- (12) Why have so many Scottish surnames the prefix "Mac" ?

Answers on pages 36 and 38.

How the Leap Year came to be.

The calendar year contains 365 days, or fifty-two weeks and one day, and leap year, 366 days, or fifty-two weeks and two days.

This irregularity is explained by the fact that in the early days the calendar was roughly arranged by the moon and seasons.

Julius Cæsar, in 46 B.C., planned a calendar of $365\frac{1}{4}$ days. By 1582 this arrangement had accumulated an error of ten full days, when Pope Gregory amputated the ten days, and with the astronomer, Chavius, revised the Julian calendar, planning a flat year of 365 days, adding one day every four years, except that in the last year of each century, unless it was dividable by 400, when it also was a leap year, such as 1600, 2000, etc.

In this way the odd time is so disposed that it will not amount to one whole day more often than 3,000 years.

INDOOR GAMES FOR KIDDIES

BLIND POTATO RACE.

This is a very interesting game, given plenty of players.

The potatoes (or stones) are put down in the usual manner, but the players play in twos. One of them is blindfold and his partner stands by the bucket.

At the word "go," all the blindfold players go off in search of the potatoes in their row, and bring them back one at a time to drop them in their bucket.

In order that they shall know where their own bucket is, their partner must mimic the cry of some animal or bird, which is arranged before the start.

The winner is, of course, the one that gathers up all his potatoes first, and the game can then be continued with the partners reversed.

POSTING LETTERS.

Before the party cut up a number of small squares of red and blue paper, one of each colour for each guest. These represent air mail letters (blue) and ordinary letters (red).

One guest is chosen to be postman and stands at one end of the room facing the other players, who divide into two equal teams. The teams stand in two straight lines at the opposite end of the room. The "letters" are put in a pile half-way between the teams and the postman.

Collection Time.

When all are ready he calls out ".....air mail letters andordinary ones" (giving any number he chooses up to four of each). Immediately each first player runs to the pile, collects the required number of "letters" and runs with them to the postman. The first one to reach him with the right number counts one point to his side. Each player returns to the back of his team and another number of letters is called, when the next players run up.

The winning team is the one with the highest number of points when all have run.

HUNT THE BAND.

This is a party game that will be enjoyed by everyone. All the players go out of the room and one is left inside to hide a rubber band. This will look practically invisible on the leg of a chair, round a candle, and so on. The first player to find it takes a turn at hiding it. If there are very small children at the party, the band should not be hidden higher than they can see.

OUTDOOR GAMES FOR KIDDIES

TREASURE HUNT.

This game lends itself to great enjoyment for both old and young, and can be played on foot, on bicycles, in motor cars or any other mobile means.

Each player shall be given a list of articles that he must collect wherever possible, and return with them to a given point before a stated time.

The articles that are chosen should be such as will cause a great deal of thought in locating, though naturally it will depend on the time that is given for collection.

The winner is, of course, the first to return with the most correct list of articles.

SLY FOX.

This is a very interesting game for young children to play.

The usual "Ena Meana, Mina Mo," decides who shall be the Fox, who, when thus chosen, shall stand with his or her back to the other players, they retreating to some twenty yards or whatever distance is decided.

At the word "go" the fox shall commence to count, not aloud, up to ten, and during this space of time the other players must advance in his direction but must not be seen moving by the fox, who will turn round immediately he has finished counting. Any player who is observed moving must retire to the rear and start again.

The fox repeats his counting up to ten as many times as is necessary, until one of the players is near enough to touch him. This he does when the fox is busy counting, and immediately he is touched, he must turn round and try to touch that player before he reaches the point from which he started, as immediately he touches the fox he must run off in that direction.

RELIEVO.

Decide on a den, and the player to guard it shall be selected in the usual way.

All the other players shall run to hide and the one left in the den shall allow them a given time before he starts out to find them. He shall bring them back to the den or they must return immediately they are seen, but their aim is to get back to the den before the guard.

Should one of the players get back to the den unobserved or before the guard, then this action releases all those that have been caught, who will go out to hide again.

If the number of players is sufficient, it often adds to the pleasure if two guards are appointed.

How weather forecasts are made

Did you ever read a weather forecast, and then look out of the window to see if the weather was in agreement with it, and all without giving a thought to the period for which the forecast was made?

Many people do that very sort of thing; yet it is realised, by those who are in a position to know, that the errors committed in interpreting the forecasts are greater than those contained in them.

For example, let us say that on a certain Tuesday you buy an afternoon paper to read on the way home. You turn to the weather forecast and read: "Fair and somewhat cooler to-night; Wednesday mostly cloudy." Perhaps it has rained at intervals all day and is still heavily clouded and gloomy. You remark to your seat-mate that, "There is another weather forecast gone wrong," and he remarks, "As usual."

A thought has not been given to the fact that the period covered in the forecast has not begun, and that its accuracy cannot be judged of properly until the specified time has ended. On the next morning you will be able to pass on the accuracy of the night forecast, and at the end of the day, on that for Wednesday. Think of that the next time you read a weather forecast.

How do you think the weatherman arrived at the forecast? Do you think that he recognises a lot of weather signs and sayings, or that he consults divers mysterious instruments for his information? Be assured that neither signs nor instruments, nor the local appearances of the weather, enter into his calculations to any considerable extent. He has several automatic recording instruments, but they are for the purpose of making accurate and permanent records of the weather as it occurs, and play a small part in the forecast work.

A weather forecaster's observations cover a much larger area than his visual horizon. Take for argument's sake the United States and Canada. Each morning and evening the weather forecaster receives something over 200 telegrams from all parts of that vast area, and as fast as the messages come in, the conditions are copied in their proper places on a large base map. When the messages are all received and recorded, and the many observation areas thus connected up, they resolve into a vast bird's-eye view of the weather for the whole country.

With this map the weatherman can outline the storm areas, and can see how far they have drifted across the country, and in what direction since the preceding map was made. The finished map pictures the clear weather areas, the cloudy areas, and the rain areas. It shows the direction and velocity of the wind in each reporting district, together with the temperature, and all such miscellaneous phenomena as frosts, fogs, etc.

It may seem at first thought that, with such complete information, the forecasts should be nearly perfect, whereas they contain an average error of about 20 per cent. The explanation is that most of the errors occur for places that are near the borders of the storm areas. Well within the rain areas the forecasts for rain are usually verified, while out and well away from the storm path the forecasts for fair weather are usually correct. Around the more or less jagged edges of the storms there are uncertain conditions which, as the storms drift across the country, make forecasting exceedingly difficult.

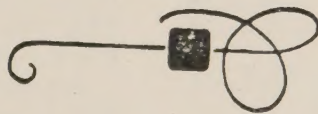
Storm areas are large atmospheric disturbances, usually covering several States. During the cold months, a rain forecast is more likely to be verified than during the summer months, when the rain areas are made up of a large number of local thunderstorms. Local thunderstorms seldom hit all points within the rain area.

The map method of forecasting as conducted by the Weather Bureau, enables the forecaster to follow severe disturbances, such as hurricanes and cold waves, and to issue warnings ahead of them with great accuracy. That is the prime object to be attained in the maintenance of the Weather Bureau. The map makes possible the forecast of local conditions and day-to-day changes with a fair degree of accuracy, merely as a matter of convenience.

The local day-by-day forecasts have no great value in the matter of the saving of lives and property, and occupy the position of a side issue to the larger work of storm warnings; but, strange to say, they constitute that feature by which the great general public judges the forecast.

Storms are mobile disturbances in the atmosphere, and their movements and developments are so irregular that the weather map makes it possible to foretell conditions only from 36 to 48 hours in advance. Long-range forecasts have no foundation.

Unfortunately, there is nothing yet known in science that enables any man to estimate weather conditions more than two or three days in advance. The so-called forecasts of the character of coming seasons are valueless.



“ YES ” and “ NO ”

There are two classes of men in the business world. Those who say “Yes,” and those who say “No.” “No” says “let well alone!” “Yes” says “let’s try to improve it!” “No” advises us not to trouble, “Yes” tell us to forget trouble when there is a question of progress. “No” wants the other fellow to be responsible, “Yes” say “there is no achievement without responsibility” and welcomes it. “No’s” motto is “safety first”—the silliest of slogans. “Yes” says “courage first” and leaves safety to create itself out of achievement. “No” is satisfied with existence, “Yes” wants a better and more progressive life. “No” is afraid of change, “Yes” welcomes it as the path of progress and success. “No” thinks of the future in terms of fear—it closes the window and draws the curtains, “Yes” looks ahead and sees the future full of still greater possibilities “No” is a producer of failure and discontent. “Yes,” the maker of opportunities that create happiness and success.

Alphabetical List of Abbreviations used for Despatch in Writing, etc.

- A.B.** or **B.A.** (*Artium Baccalaureus*).
Bachelor of Arts.
- A.B.**—Able-bodied Seaman.
- Abbr.**—Abbreviated.
- A.C.** (*Ante Christum*).—Before Christ.
- A.D.C.**—Aide-de-camp.
- Ad lib.** or **Ad libit.**—At pleasure.
- AET.** (*aetatis*).—Aged.
- A.M.** or **M.A.** (*Artium Magister*).—Master of Arts.
- A.M.**—Before Mid-day.
- Ana.**—In like quantity.
- Anon.**—Anonymous.
- A.P.G.**—Professor of Astronomy to Gresham College.
- App.**—Appendix.
- Arr.**—Arrived.
- A.R.A.**—Associate of the Royal Academy.
- A.R.S.A.**—Associate of the Royal Scottish Academy.
- A.R.S.S.** (*Antiquariorum regiae societatis socius*).—Fellow of the Royal Society of Antiquaries.
- A.S.**—Anglo-Saxon.
- Asst.**—Assistant.
- B.A.**—Bachelor of Arts.
- Bart.** or **Bt.**—Baronet.
- B.C.**—Before Christ.
- B.C.L.**—Bachelor of Civil Law.
- B.D.**—Bachelor of Divinity.
- B.LL.** or **LL.B.**—Bachelor of Laws.
- B.S.**—Bachelor of Surgery.
- B.Sc.**—Bachelor of Science.
- C., Ct., Cent.**—A hundred.
- C.A.**—Chartered Accountant.
- Cam., Camb.**—Cambridge.
- Cantab.** (*Cantabrigiensis*).—Of Cambridge.
- C.B.**—Companion of the Bath.
- C.C.C.**—Corpus Christi College.
- C.E.**—Civil Engineer; Canada East.
- C.J.**—Chief Justice.
- C.M.** (*Chirurgiae Magister*).—Master in Surgery.
- C.M.**—Certificated Master.
- Cor. Mem.**—Corresponding Member.
- Cor. Sec.**—Corresponding Secretary.
- C.S.I.**—Companion of the Star of India.
- Cur., curt.**—Current ; this month.
- D.** (*denarius*).—A penny or pence; 500.
- D.C.** (*De Capo*).—From the beginning.
- D.C.L.**—Doctor of Civil Law.
- D.D.**—Doctor of Divinity.
- Deg.**—Degree.
- Dep.**—Deputy.
- D.G.** (*Dei gratia*).—By the grace of God.
- Do.** (*Ditto*).—The same.
- D.T.** (*Doctor theologiae*).—Doctor of Divinity.
- D.V.** (*Deo volente*).—God willing.
- Eccl., Eccles.**—Ecclesiastical.
- Ed.**—Editor ; edition.
- E.T.**—English Translation.
- Et. Seq.**—And the following.
- Exec.**—Executor.
- Fahr.**—Fahrenheit.
- F.A.S.**—Fellow of the Society of Arts.
- F.A.S.E.**—Fellow of the Antiquarian Society of Edinburgh.
- F.B.S.E.**—Fellow of the Botanical Society of Edinburgh.
- F.C.**—Free Church of Scotland.
- Fec.**—He did it.
- F.F.A.**—Fellow of the Faculty of Actuaries.
- F.G.S.**—Fellow of the Geological Society.
- F.H.S.**—Fellow of the Horticultural Society.
- F.P.S.**—Fellow of the Philological Society.
- F.R.A.S.**—Fellow of the Royal Astronomical Society.
- F.R.C.P.**—Fellow of the Royal College of Physicians.
- F.R.C.P.**—Fellow of the Royal College of Preceptors.
- F.R.C.S.**—Fellow of the Royal College of Surgeons.
- F.R.C.S., L.**—Fellow of the Royal College of Surgeons, London.
- F.R.G.S.**—Fellow of the Royal Geographical Society.
- F.R.H.S.**—Fellow of the Royal Horticultural Society.
- F.R.S.**—Fellow of the Royal Society.
- F.R.S.E.**—Fellow of the Royal Society of Edinburgh.

ALPHABETICAL LIST OF ABBREVIATIONS—*continued.*

F.R.S.L.—Fellow of the Royal Society of Literature.

F. T. C., D.—Fellow of Trinity College, Dublin.

G.A.—General Assembly.

Gael.—Gaelic.

G.B.—Great Britain.

G.B. and I.—Great Britain and Ireland.

G.C.B.—Grand Cross of the Bath.

G.L.—Grand Lodge.

G.P.O.—General Post Office.

Gr.—Grains or gross.

Gtt. (*Guttae*).—Drops.

Hf.-bd.—Half-bound.

H.I.H.—His or Her Imperial Highness.

H.J.S. (*hic jacet sepultus*).—Here lies buried.

H.M.—His or Her Majesty.

H.M.P. (*hoc monumentum posuit*).—Raised this monument.

H.M.S.—His or Her Majesty's Ship or Service.

H.P.—Half-pay ; horse-power.

H.R.I.P.—Here rests in peace.

H.R.H.—His or Her Royal Highness.

H.S.S. (*Historiae Societatis Socius*) Fellow of the Historical Society.

Incog. (*incognito*).—Unknown.

In loc. (*in loco*).—In its place.

I.N.R.I.—Jesus of Nazareth, King of the Jews.

Inst.—Instant ; the present month.

Int.—Interest.

I.O.G.T.—International Order of Good Templars.

I.O.O.F.—Independent Order of Oddfellows.

J.A.—Judge Advocate.

J.C.D.—Doctor of Civil Law.

J.P.—Justice of the Peace.

K.B.—Knight of the Bath ; King's Bench.

K.C.B.—Knight Commander of the Bath.

K.L.H.—Knight of the Legion of Honour.

L.F.P.S.G.—Licentiate of the Faculty of Physicians and Surgeons, Glasgow.

Lib. (*liber*).—A book.

LL.B.—Bachelor of Laws.

LL.D.—Doctor of Laws.

L.R.C.P.E.—Licentiate of the Royal College of Physicians, Edinburgh.

L.R.C.S., E.—Licentiate of the Royal College of Surgeons, Edinburgh.

M.—Roman Numeral for 1,000.

M.A.—Master of Arts ; Military Academy.

M.B.—Bachelor of Medicine or of Music.

M.D.—Doctor of Medicine.

M.E.—Mining Engineer.

Mem.—Memorandum.

Messrs.—Gentlemen.

M.P.S.—Member of the Pharmaceutical Society.

M.R.C.C.—Member of the Royal College of Chemistry.

M.R.C.P.—Member of the Royal College of Physicians or of Preceptors.

M.R.C.S.—Member of the Royal College of Surgeons.

M.R.G.S.—Member of the Royal Geographical Society.

M.S.—Sacred to the Memory.

MS.—Manuscript.

MSS.—Manuscripts.

Mus. B.—Bachelor of Music.

Mus. D.—Doctor of Music.

Nem. Con. (*nemine contradicente*).—No one contradicting.

Ob. (*obiit*).—Died.

Obs.—Obsolete.

O.S.—Old style.

Oz.—Ounce.

Ph.D.—Doctor of Philosophy.

P.P.C. (*pour prendre conge*).—To take leave (*Fr.*).

q.l. (*quantum libet*).—As much as you please.

q.s. (*quantum sufficit*).—Enough.

q.v. (*quod vide*).—Which see.

Supp.—Supplement.

Syn.—Synonymous.

V.—Numeral for five.

V. (*versus*).—Against.

V. (*vide*).—See.

V.G. (*verbi gratia*).—For example.

Visc.—Viscount.

Viz.—Namely ; to wit.

V.S.—Veterinary Surgeon.

GARDENING THROUGHOUT THE YEAR

JANUARY.

Dig and trench the ground, adding manure and lime where necessary. Rough digging is advantageous, as this method allows the frost to break down all heavy clods and make the soil friable in the early Spring.

FEBRUARY.

Protect early plants from frost. Sow vegetables in sheltered places and keep the garden generally clear of rotting vegetation. This should be either burned or dug well into soil.

MARCH.

Prune fruit trees and rose trees if frost is not severe. Fork the soil slightly between the raspberries and finish any pruning that was not completed in the previous back-end. Hardy annuals may be sown in open ground, and it is not yet too late to transplant shrubs and many species of herbaceous flowers.

APRIL.

Turn attention to the vegetable garden. Plant potatoes and cauliflowers. Sow peas, beans, carrots, beetroot and turnips. In fact, most vegetables with the exception of French beans may be sown this month

MAY.

An ideal month for bedding-out the flower garden. Cuttings that have been raised in the frame and hardened off have now made steady growth, and may be transplanted to their permanent quarters. Regular cutting of the lawns should now commence. Lettuce sown in the previous month should be ready for transplanting.

JUNE.

Protect strawberries from the birds and keep them well watered. Plant out celery. Keep the Dutch hoe going between rows of all vegetables and sow French beans. Syringing of the rose trees at regular intervals will minimise the damage caused by green fly and mildew.

JULY.

Most things in the garden this month will be taking care of themselves, and the gardener should turn his attention to keeping down weeds. The Dutch hoe will be found tremendously useful, destroying with its use the weed seedlings before they reach maturity and throw their seeds. Clear the ground of refuse as the vegetable crops mature.

AUGUST.

Take up onions and sow a further lot for the Spring. Rose trees will benefit with a supply of liquid manure, as will also chrysanthemums. Remember that the Dutch hoe is far more valuable than the hose-pipe if there is any drought.

SEPTEMBER.

Plant Spring cabbage and cauliflowers. Clear vegetable garden of all litter. Peas will have finished producing and beans will be about over. These should be pulled up and burned. This is an ideal month to give the final clipping to all hedges, as it leaves sufficient time for the bareness to be overcome by new growth before the Winter.

OCTOBER.

All tender plants should be taken up and potted before the arrival of the early frosts. Bulbs may now be planted, and carrots should be taken up. Cutting of the lawns will not be so frequent as in the Summer and, where poor growth is obvious, a good fertiliser should be used.

NOVEMBER.

Protect broccoli from sharp frosts and keep cabbages free from slugs. Transplant shrubs and prepare the herbaceous border for the following season. Manure strawberries and cut out the old wood from raspberry canes.

DECEMBER.

Collect fallen leaves from the garden and dig these in wherever possible. This is a good month for general digging where crops are finished, and the ground will remain in its rough state until the Spring. Protection should be given to all plants susceptible to frost.

HAVE YOU HEARD THIS ONE ?

"Mamma, do I have to wash my face ?"

"Certainly !"

"Why can't I just powder it like you do yours ?"

* * * * *

"My wife can be an angel when she wants to be."

"Mine, too any time now."

* * * * *

A girl may wear a golf outfit when she can't play golf, a bathing suit when she can't swim, and a riding habit when she goes hiking, but when she puts on a wedding gown she means business.

* * * * *

Messenger Boy (*time 2 a.m.*): "Does Mr. Smith live here ?"

Feminine Voice (*wearily*): "Yes, bring him in."

* * * * *

Boss (*angrily pointing at clock whose hands register 9-25*): "You should have been here at 9 o'clock."

Good-looking Secretary: "Why, what happened ?"

* * * * *

Few men stop in business and make a success of it without working like the devil ; and sometimes working with him.

* * * * *

Life insurance is like fun—the older you get the more it costs.

* * * * *

Money may not buy happiness, but with it you can be unhappy in comfort.

* * * * *

Mrs. Smythe (*meeting politician at party*): "I've heard a great deal about you."

Politician (*absently*): "Possibly, but you can't prove it."

* * * * *

"Imbecile, must you trump my ace ? We've already won the trick."

"But, John, dear, it seems so much more emphatic."

* * * * *

Father: "I'm sorry I brought you here, Dorothy. This is hardly a play for a girl of your age."

Daughter: "Oh, that's all right, Dad. It'll probably liven up a bit before the end."

* * * * *

"Though I trust you implicitly, darling, I find when you're out of my sight I'm out of my mind."

GROWTH AND DEVELOPMENT OF CHILDREN.

	At Birth	One Month	Four Months	Six Months	One Year	Eighteen Months	Two Years	Three Years	Four Years
Weight, Average Pounds	7-8	8-9	12-14	15-16	20-21	22-24	26-27	30-32	34-36
Height, Inches	19-20	21.4	23.8	25.4	29	30.5	32.5	35	38
Teeth (First or temporary set)	10 Upper	10 Lower	...	1	6	12	18	20	20

Speech and Development.—Second-Third month, cries with tears, turns head in direction of a sound, smiles, holds head erect with back support. Four months, grasps objects. Five months, holds head erect, no support. Six months, knows mother. Seventh month, sits alone, laughs aloud, plays with fingers, toes, or one single toy. Nine months, creeps, stands alone, utters single words. One year, tries to stand and walk alone. Eighteen months, fontanelles closed, walks unassisted, imitates simple movements, knows common animals in picture books. Two years, obeys simple commands, uses paper and pencil, talks in short sentences. Three years, can repeat simple rhymes and count a little, learns colours. Four years, vocabulary much increased, knows sex, discriminates forms, round ball, square blocks, etc.

Periods at which the teeth generally appear, commencing in the lower jaw :

First or Temporary Teeth (10 lower, 10 upper).

4 Central Incisors...6th to 8th month.

4 Lateral Incisors...7th to 9th month.

4 Cuspids.....16th to 18th month.

4 Second Molars...20th to 24th month.

Neglect of the first teeth frequently causes decay and irregularity of the second, or permanent teeth. An occasional inspection by the dentist is necessary.

Permanent Teeth :

4 First Molars.....6th to 7th year.

2 Central Incisors-Lower, 6th to 7th year.

2 Central Incisors-Upper, 7th to 8th year.

4 Lateral Incisors.....7th to 9th year.

4 First Bicuspids.....10th to 11th year.

4 Second Bicuspids...10th to 12th year.

4 Cuspids (Eye Teeth)...11th to 13th year.

4 Second Molars.....12th to 14th year.

4 Third Molars (Wisdom) 18th to 25th year.

The first, or six year molars which make their appearance before the temporary teeth disappear, are permanent and important ; they should receive special attention.

AVERAGE OF HEIGHTS, WEIGHTS AND MEASUREMENTS OF BOYS AND GIRLS.

Age ...	...	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
Sex	...	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀	♂ ♀
Height, Inches	...	42 41	42 43	46 46	48 47	50 49	51 51	53 53	55 56	57 58	59 60	62 61	65 62	67 63	68 63
Weight, Pounds	...	41 39	45 43	49 47	54 52	59 57	65 62	70 68	76 78	84 88	94 98	107 106	121 112	134 118	136 119

FOOD VALUES

The number of calories in a balanced diet should provide 12 to 16% protein, 13 to 17% fat, and 60 to 79% carbohydrates, and the calories required are calculated according to the weight of the individual.

*Calories needed
to lb. of weight.*

A person at rest	...	...	...	...	14-16
A person doing light work	...	...	...	...	16-18
A person doing moderate work	...	...	...	...	18-20
A person doing hard work	...	...	...	...	20-23

Roughly speaking, this means about 3,000 calories a day for a man, and 2,400 for a woman.

FOODS RICH IN PROTEINS.

(Albumen, Fibrin, Casein.)

Food Materials				Approximate			Approximate Calories per Pound.
One Pound				Percentage per Pound			
Approximate Measure.				Protein.	Fat.	Carbo- hydrates.	
Meats :							
Best Steak	...	...	...	19	17	—	1,100
Loin, Lean	...	...	...	19	12	—	900
Round, Lean	...	...	...	21	7	—	730
Tongue	...	...	...	18	9	—	740
Chicken :							
Young	...	...	...	21	2	—	505
Fowl	...	...	...	19	16	—	1,045
Turkey	...	...	...	21	22	—	1,360
Pork Chops	...	...	...	16	30	—	1,580
Veal :							
Leg, Lean	...	...	...	21	4	—	570
Shoulder, Lean	...	...	...	20	4	—	580
Fish :							
Snapper	...	...	...	19	5	—	390
Butterfish	...	...	...	18	11	—	800
Salt Fish	...	...	...	25	.3	—	410
Mackerel	...	...	...	18	7	—	645
Tinned Salmon	...	...	...	21	12	—	915
Smoked Herrings	...	...	...	36	15	—	1,355
Eggs :							
Uncooked	...	...	...	13	10	—	720
Cooked	...	...	...	13	12	—	765
Milk :							
Whole	...	...	...	3	4	5	325
Skimmed	...	...	...	3	.3	5	170

FOODS RICH IN FATS.

Bacon	9	67	—	3,030
Butter	1	85	3	3,605
Peanut	20	46	17	2,825
Cheese :				
American or Canadian	28	35	—	2,055
Cream	25	33	—	1,950
Swiss	27	34	1	2,010
Olive Oil	—	100	—	4,220
Cream	2	18	4	910
Chocolate	12	48	30	2,860
Lard—Refined, Pure	—	100	—	4,220
Nuts :				
Almonds	21	54	17	3,030
Cocanut	6	57	31	3,125
Peanuts	25	38	24	2,560
Walnuts	27	56	11	3,105

FOOD VALUES—*continued.*

The number of calories in a balanced diet should provide 12 to 16% protein, 13 to 17% fat, and 60 to 79% carbohydrates, and the calories required are calculated according to the weight of the individual.

					Calories needed to lb. of weight.
A person at rest	...	...	...	...	14-16
A person doing light work	...	...	...	...	16-18
A person doing moderate work	...	...	...	...	18-20
A person doing hard work	...	...	...	...	20-23

Roughly speaking, this means about 3,000 calories a day for a man, and 2,400 for a woman.

FOODS RICH IN CARBOHYDRATES.

(Sugar, Starch.)

Food Materials				Approximate			Approximate Calories per Pound.
One Pound Approximate Measure.	Percentage per Pound			Carbo- hydrates.			
	Protein.	Fat.					
Fruits :							
Apples, Fresh	...	...	4	.5	14	...	290
Bananas	...	...	1	.6	22	...	460
Dates, Dried	...	...	2	2	78	...	1,615
Grapes	...	...	1	1	19	...	450
Lemons	...	...	1	.7	8	...	205
Oranges	...	...	.8	.2	11	...	240
Pineapples, Fresh	...	...	.4	.3	9	...	200
Prunes, Dried	...	...	2	—	73	...	1,400
Raisins	...	...	2	3	76	...	1,605
Sugars :							
Honey	...	...	.4	—	81	...	1,520
Molasses	...	...	2	—	69	...	1,290
Sugar :							
Brown	...	...	—	—	95	...	1,765
Granulated	...	...	—	—	100	...	1,860
Beans :							
Butter	...	...	9	6	29	...	740
Dried	...	...	22	1	59	...	1,605
Beets	...	...	1	1	9	...	215
Cabbage	...	...	1	.3	5	...	145
Carrots	...	...	1	.4	9	...	210
Corn :							
Canned	...	...	2	1	19	...	455
Green	...	...	3	1	19	...	470
Egg Plant	...	...	1	3	5	...	130
Lettuce	...	...	1	.3	2	...	90
Onions	...	...	1	.3	9	...	225
Peas :							
Canned	...	...	3	.2	9	...	255
Dried	...	...	24	1	62	...	1,655
Green	...	...	7	.5	16	...	465
Potatoes :							
Irish	...	...	2	1	18	...	385
Sweet	...	...	1	.7	27	...	570
Squash	...	...	1	.5	9	...	215
Tomatoes :							
Fresh	...	...	1	.4	3	...	105
Canned	...	...	1	.2	4	...	105
Turnips	...	...	1	.2	8	...	185

GOLFER'S GUIDE

ADDRESS.—Learn to distinguish between grounding the club and clubbing the ground.

ANCIENT GOLF.—Ananias was a golfer. He lay dead on the green after a bad lie. Sapphira played the like.

BOGEY.—The scratch score for any hole ; so called because you have only the ghost of a chance of beating it.

BYE.—The part of the match at which you begin really to get on to your game.

BAD LIE.—The safest way to get out of a bad lie is to wait until your opponent isn't looking.

CADDIE.—So called because he is used for the tee.

CLEEK.—An epithet applied to the Club Handicap Committee.

CUP.—The sort of lie which the man coming behind you gets.

HEAD.—So called because it is at the foot of the club.

GREEN SICKNESS.—Three putts per hole.

PRACTICE.—When practising indoors in the same room as the goldfish, always use a floater.

PUTT.—Originally a shot along the ground near the hole. Some players, however, take their putt first.

SCORING.—Two drawbacks to a good score are honesty and the ability to count.

SLICE.—A little bit " off ".

WRONG SHOTS.—To make the same mistake twice at golf, with so many to choose from, shows a lack of imagination.

—Reprinted from " White Horse " Bulletin.

TACT

She was the kind of woman who could be relied upon to say the wrong thing wherever she was. At a recent dinner she turned to her neighbour and said :

" Doctor, can you tell me who that terrible-looking man is over there ? "

" I can," replied the medical man. " That is my brother."

There was an awkward pause while the woman racked her brain for something to say. The doctor was enjoying her discomfiture.

" Oh, I beg your pardon," she stammered, blushing. " How silly of me not to have seen the resemblance ! "

* * * * *

Several years ago Firestone, Ford, Edison and Burroughs were touring through West Virginia. A headlight on their car went bad and they stopped at a little cross roads store. Mr. Ford went into the store to make the purchase.

" What kind of headlight bulbs do you have ? " he asked.

" Edison," replied the merchant.

" I'll take one," said Ford, " and, by the way, you may be interested to know that Mr. Edison is out in my car."

" Is that so ? " answered the merchant.

When the light had been repaired, it was discovered that a new tyre was needed. Ford re-entered the store and asked the proprietor what kind of tyres he carried in stock.

" Firestone," was the prompt reply.

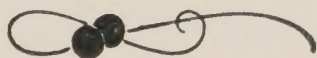
" That will be alright. Just put a new one on for us, and it happens that Mr. Firestone is also out in my car and I am Mr. Ford—Henry Ford."

While the merchant was putting on the tyre, Burroughs, who had quite a growth of white whiskers, leaned out of the car and said, " Good evening, sir."

The merchant looked up at him with a grin full of sarcasm and said, " If you try to tell me your Santa Claus, I'll be darned if I don't crown you with this here monkey wrench.

WHEN MA IS SICK

When Ma is sick she pegs away ;
She's quiet, though, not much to say.
She goes right on a-doin' things,
An' sometimes laughs and even sings.
She says she don't feel extra well,
But then it's just a kind o' spell ;
She'll be all right to-morrow, sure,
A good old sleep will be the cure.
An' Pa, he sniffs an' makes no kick,
For women folk is always sick.
An' Ma, she smiles, lets on she's glad,
When Ma is sick it ain't so bad.
When Pa is sick, he's scared to death,
An' Ma an' us just holds our breath.
He crawls in bed, an' puffs an' grunts,
And does all kinds of crazy stunts.
He wants " Doc " Brown an' mighty quick,
For when Pa's ill he's mighty sick.
He gasps and groans, and sort o' sighs,
He talks so queer, an' rolls his eyes.
Ma jumps an' runs an' all of us,
An' all the house is in a fuss.
An' peace and joy is mighty skeerce,
When Pa is sick, it's something fierce.



TO JULIA IN TROUSERS

When as in trousers Julia goes,
She's masculine from waist to toes ;
But why she does it, goodness knows.
And now, adopting coat and vest,
Completely like a man she's dressed,
She follows suit, like all the rest.
The business man, with tired nerves,
No longer gets, as he deserves,
A restful glimpse of rounded curves.
No. All he sees is pants, and pants,
The very death knell of romance—
Come, Julia, give your charms a chance.

WEATHER SIGNS

About the time of sunrise or sunset the prevalence of certain colours and tints in the sky are valuable aids as weather signs, and when used in conjunction with indications given by the barometer and thermometer, any coming change may be foretold almost exactly. The most important of these signs (mainly derived from Admiral Fitzroy's *Manual*) are : A high dawn—when the first streaks of daylight are seen above a bank of clouds—foretells wind ; a low dawn—when day breaks on or near the horizon—fair weather ; whether clear or cloudy, a grey sky at sunrise, fine weather ; a red sky, bad weather or much wind ; a rainbow, rain from the west ; a grey sky at sunset, bad weather ; a rosy sky, fine weather ; a dark red, rain ; a sickly greenish hue, wind and rain ; a bright yellow, wind ; a pale yellow, rain ; orange or copper coloured, wind and rain ; a rainbow, fine weather.

After fine clear weather the first signs in the sky of a coming change are usually light streaks, curls, wisps or mottled patches of white distant cloud, which increase and grow together until the sky is overcast by one unbroken cloudy mass. This appearance, more or less oily or watery, as wind or rain will prevail, is an infallible sign.

Usually the higher and more distant such clouds seem to be, the more gradual, but general, the coming change of weather will prove.

Small inky-looking clouds foretell rain, light scud clouds driving across heavy masses, wind and rain, but if alone may indicate wind only. Soft-looking or delicate clouds indicate fine weather with light or moderate breezes ; hard-edged, oily-looking clouds, wind, and the harder, more “greasy” rolled, tufted, or ragged they appear the stronger the coming wind will prove.

Light, delicate, quiet tints or colours, with soft undefined forms of clouds, foretell and accompany fine weather, but gaudy or unusual hues, with hard, definitely outlined clouds, indicate rain and probably strong wind.

Misty clouds forming or hanging on heights, show wind and rain coming, if they remain, increase or descend. If they rise or disperse the weather will improve or become fine.

A dark, gloomy blue sky invariably indicates wind ; a light, bright blue sky, fine weather.

HOW TO PREVENT THE NAUSEOUS TASTE OF MEDICINES

Many grown-ups and nearly all children have a dread of certain medicines, and obstinately refuse to take them. Sometimes there is no alternative which can be given, and the unpleasant task of compulsion must be resorted to.

A great deal can be done in the way of disguising the dreaded taste, and often the most unpleasant of doses can be given in this way without any trouble.

CASTOR OIL is, perhaps, one of the most difficult medicines to administer, but if carefully prepared, can be taken by almost everyone without producing sickness. Dip a wine-glass into warm water and wet it thoroughly—take the juice of an orange, strain it and pour a table-spoonful into the glass. Now pour the oil into the centre of the juice, put some more juice on top and gulp down quickly. Another method is to float the oil on hot coffee, or to shake it up well with some neat brandy.

COD LIVER OIL. Orange juice can be used with Cod Liver Oil effectively, whilst for EPSOM SALTS peppermint water has a more neutralising effect.

The old-fashioned method of nipping the nose, pouring the medicine down the throat and then taking a drink of water, has a certain action in preventing most of the nasty taste.

A very pleasant laxative for children is Syrup of Figs. It is perfectly safe, and free from the slightest trace of any irritating matter. Its mild yet certain action has made it a favourite with mothers in all parts of the country.

A FEW DEFINITIONS

(1) "A taxpayer is a fellow who works hard and saves his money ; and a politician is a fellow who is glad of it."

* * * * *

(2) "An advertisement is the picture of a pretty girl eating, wearing, holding or driving something that somebody wants to sell !"

* * * * *

(3) "Golf is a tie that binds many husbands and wives by separating them on Saturdays, Sundays, and other fighting holidays."

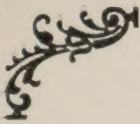
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(4) "A kiss is a peculiar proposition of no use to one, yet absolute bliss to two. The small boy gets it for nothing, the young man has to steal it, and the old man has it to buy."

BRAIN TEASERS

- 1 What do Americans mean by "Don't get up-stage"?
- 2 During which months is it unwise to eat oysters?
- 3 What is meant by "Over the Sticks"?
- 4 What is a Telemark?
- 5 What is a "Close-up"?
- 6 What is a "Gasper"?
- 7 In golf what is the meaning of "5 and 4"?
- 8 Why is it called "Agony" Column?
- 9 What title does the eldest son of an Earl hold?
- 10 What is a "Point-to-Point" Race?
- 11 How much did Milton get for writing "Paradise Lost"?
- 12 What is the meaning of "K.O."?
- 13 What is the meaning of counter-point?
- 14 Who was Demosthenes?
- 15 What is the quickest time in which a man has ever run a mile?
- 16 How many wives of Henry VIII were called Katherine?
- 17 What is a Blue Paper?
- 18 What is the tail of a fox called?
- 19 What is the tail of a hound called?
- 20 Which side of a ship is starboard?
- 21 What is a helicopter?
- 22 What is a chukker?
- 23 What is a man's normal temperature?
- 24 Which is the heavier, a fly-weight or bantam?
- 25 Who said "He who is tired of London is tired of life"?
- 26 What is a clipper ship?
- 27 For what is Henley famous?
- 28 What is a leg-bye?
- 29 How many acres are there in a square mile?
- 30 What are "glad-rags"?
- 31 What is the meaning of "taking silk"?
- 32 What is the meaning of "evens on the field"?
- 33 Who is the Patron Saint of France?
- 34 What is the meaning of Black Letter?
- 35 Who wrote "Gentlemen Prefer Blondes"?
- 36 How long is the Derby?
- 37 How long is the Suez Canal?
- 38 What are Rotary Clubs?
- 39 What is a slide-rule?
- 40 What is the weight of a boxing-glove?
- 41 What is a dumb waiter?
- 42 Who was "K. of K."?
- 43 What is a shag?
- 44 What are philatelists?
- 45 What is bezique?
- 46 Who is Pavlova?
- 47 Who discovered the circulation of the blood?
- 48 Where did Sir Philip Sidney die?
- 49 What is a "Rodeo"?
- 50 What are beefeaters?
- 51 What is the meaning of protean?
- 52 Who introduced the idea of vaccination into England?
- 53 What are the colours of the M.C.C.?
- 54 What are Prime Numbers?
- 55 What is the meaning of "at par"?
- 56 What is the meaning of a red triangle on the back of a car?
- 57 What is an anodyne?
- 58 Who are the Hoi-Polloi?
- 59 What is the meaning of "double dummy"?
- 60 What is the meaning of "Upper Ten"?
- 61 Where is the Privy Council?
- 62 What is Trinity House?
- 63 What is the length of a cricket pitch?
- 64 What is the meaning of "the bottom drawer"?
- 65 What is the meaning of "out of the top drawer"?
- 66 Where did the boycott originate?
- 67 Who wrote "The Broad Highway"?
- 68 What is a cul-de-sac?
- 69 What is the meaning of "hypochondriac"?
- 70 What is St. Helena noted for?
- 71 What is the Nobel Prize awarded for?
- 72 How long is a metre in inches?

ANSWERS TO BE FOUND ON PAGE 42.



SPRING



AT this time of the year we are all pleased to think that the long cold nights and short dark days of winter are passing.

The freshness of the green with which Mother Nature adorns the countryside remind us of what is in store, and a hard winter has made our appreciation all the greater.

The wintry weather must necessarily have taken toll on the human vitality which had been built up through the summer, and it is therefore time to replenish that vitality, and rid the blood of all its impurities.

The Spring Medicines and Tonics that are mentioned on this page will be found very beneficial and will help to give the joyous feeling of Spring that everyone should possess with the passing of Winter.

ORGANIC IODINE BLOOD PURIFIER

An excellent remedy for Boils, Eczema, Pimples, Ulcers and all long standing Skin Diseases.....In bottles 1/3 and 2/-

PHOSPHORUS NERVE TONIC

A splendid pick-me-up.....In bottles 1/3 and 2/-

COD LIVER OIL AND MALT EXTRACT

In jars, 1-lb. 1/-, 2-lb. 1/10, 4-lb. 3/3, 7-lb. 5/6

Special (best obtainable).....1-lb. 1/3, 2-lb. 2/3, 4-lb. 4/-, 7-lb. 6/6

BEST COMPOUND SYRUP OF FIGS

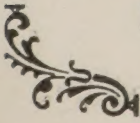
Vanilla flavoured.....In bottles, 4½d., 7½d., 1/1½ and 2/-

QUININE AND IRON TONIC

This preparation contains Citrate of Quinine and Iron combined with other valuable tonics and is a very agreeable, efficacious and strengthening agent.....In bottles, 1/3 and 2/-

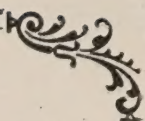
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5, ELMINGTON RD., CAMBERWELL GREEN
Late 5, WATERLOO STREET S.E.5.

Telephone : RODNEY 3287





SUMMER



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FREE ADVICE—That is what we offer you—and it is expert advice too. Call in and see us, we shall be only too pleased to discuss any Photographic problem with you—we know we can be of real service to you.

Cameras	Shaving Creams	Compacte Powders
Films and all	Safety Razors	Face Creams
Photographic	Shaving Brushes	Combs
Requisites	Blades	Lotions
Vacuum Flasks	Sponges	Tooth Brushes
Sponge Bags	Hair Brushes	Tooth Pastes
Nail Brushes	Health Salts	etc., etc.

BRING US YOUR FILMS—

to be **DEVELOPED** and **PRINTED**

—and be sure of the results

FOOT COMFORTS

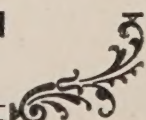
JOLIPED No. 1. For tender feet.....6d. tins.

JOLIPED No. 2. For hard skin and tired feet.....6d. tins.

AMERICAN CORN PAINT.....6d. bottles.

All **Dr. SCHOLL'S** preparations and appliances in stock.

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AUTUMN

WE are once again between seasons. Most of us have had our holidays, and all that remains are pleasant memories made all the more enjoyable with the snaps that were taken. Don't forget—we shall be pleased to enlarge any small snap that you may have taken, and you will be surprised what a really lovely photograph can be made of quite an ordinary snap.

One's complexion is bound to have suffered through sunburn and the usual holiday neglect, and we shall be pleased to give our advice on the various cosmetics and toilet requisites.

Our stocks cover most of the advertised lines, and it will be our pleasure to give you an opinion as to which particular make will suit you the best.

Remember, great care should always be taken in the choice of cosmetics if you are to make the best of your complexion.

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A. A. McIVOR, M.P.S. **KEMBERS,** *Dispensing Chemists*

5, ELMINGTON RD., CAMBERWELL GREEN

Late 5, WATERLOO STREET

S.E.5.

Telephone : RODNEY 3287



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Below we give you a brief list, all of which
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„	„	Lion Brand	...	...	25's 6d., 50's 10½d., 100's 1/6
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„	„	Catarrh Pastilles	...	...	per oz. 4d.
Special Bronchitis Mixture	...	...	...	...	1/6 and 2/6
Wild Cherry Balsam	...	...	...	...	9d., 1/3 and 2/3
Dr. Aimer's Whooping Cough Cure	...	...	...	...	1/3
Sologen Liniment , in bottles	...	...	...	6d., 10½d., and 1/6	
Vapour Rub , in jars	...	...	...	...	9d. and 1/3

Select your Gifts early this Year

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A. A. McIVOR, M.P.S. **KEMBERS**, Dispensing Chemists

5, ELMINGTON RD., CAMBERWELL GREEN

Late 5, WATERLOO STREET

S.E.5

Telephone : RODNEY 3287

HINTS IN CONNECTION WITH THE FAMILY MEDICINE CHEST

The furnishing of a house is never complete without the medicine chest.

None of us wish to make use of it, but at the same time, we never know when it is likely to be needed, but it often turns out to be a boon.

If it was a very expensive item to equip no doubt the house without it would be the exception, but because it is supplied complete at a really ridiculous figure, it is one of the last things to be added to the house, and more often than not it only arrives after some illness or accident has occurred, and quite frequently, had the essentials been at hand at the time much trouble and anxiety would have been saved.

The following is a short list of what a very small chest should essentially contain, and it is surprising how soon, with constant small additions, a fully-equipped outfit is built up :—

Bandages (one or two sizes are recommended), Boracic Lint, Vaseline, Boracic Ointment and Boracic Crystals, Iodine, Court Plaster and Safety Pins, Glycerine, Camphorated Oil, Castor Oil and Olive Oil, Aspirins, and Quinine.

A good disinfectant and a pair of new surgical scissors will often be very much appreciated, and a small supply of brandy for cases of immediate emergency.

None of these articles will suffer through being kept, providing they are free from dust and excessive warmth.

Should you not wish to build up a cabinet for yourself, we shall be pleased to supply you with one complete at prices to suit all pockets.

Mrs. Smithson had just finished conversing with the preacher when her small son asked her, "Who is that man, mama?"

Mother: "That's the man who married me, dear."

Son: "Well, then, what's pa doing at our house?"

POISONS AND THEIR ANTIDOTES

CALL IN A DOCTOR

SYMPTOMS.	POISON.	ANTIDOTES.
Similar to Acid Acetic strong, with white blisters and breath smelling of carbolic.	Acid Carbolic (Phenol)	Wash out stomach with water of 60 Fah. containing one table-spoonful of Magnesium Sulphate or Sodium Sulphate in each half-pint of solution. Follow later with white of egg beaten up with milk or olive oil, half to one wine-glassful.
Mouth blistered, white or stained, acute pain, vomiting, tendency to suffocation, shock. Yellow or orange stain shows Black stain shows Red angry stain shows White blistering with smell of vinegar shows	Acids, strong. Acid Nitric. Acid Sulphuric, str. Acid Hydroch., str. Acid, Acetic, strong.	NO EMETICS.—Magnesia, milk of lime, chalk or carbonate of soda in water, followed when acid is neutralized by olive oil, gruel, milk or other demulcent.
Breath smells of bitter almonds, eyes fixed, pupils dilated, skin cold and clammy, insensibility, gasping respirations.	Acid Hydrocyanic (Prussic Acid) or Cyanides.	DO NOT DELAY. Cold water to chest and head, use artificial respiration, and give stimulants—brandy if able to swallow <i>ad lib</i> —or if unconscious, administer hypodermically brandy or Strychnine Sulphate 1/60 grain.
Leering, vacant expression, giddiness, pupils of eyes dilated, pulse strong, skin sweating.	Alcohol (Acute).	Cold douches to head, rouse patient and keep awake. Give hot strong coffee or tea. When recovered keep warm.
Mouth blistered and white, slimy to touch, acute pain, etc., as in "Acids, Strong."	Caustic Potash. Caustic Soda. Liquid Ammonia. Quicklime.	NO EMETICS.—Give common vinegar or a solution of Acetic Acid containing one tea-spoonful of the glacial acid per wine-glassful, or else solutions of Tartaric or Citric Acid of similar strength; or Lemon Juice. Later give Olive Oil, Linseed, or other demulcents.
General symptoms of irritant poisons with possibly odour of garlic in breath.	Arsenic, Salts of.	Give freshly precipitated Ferric Hydrate suspended in the minimum quantity of water in quantities of 1 to 2 table-spoonfuls, or failing this, treat as for irritant poisoning in general.
Stertorous breathing, characteristic odour of breath.	Chloroform.	Artificial respiration. Flick the face and chest with wet towel. If poison was swallowed give emetics, if patient is not insensible.
General symptoms with peculiar odour in breath, or vomit.	Iodine.	If detected immediately, emetics may be given. If taken some time give repeatedly two table-spoonfuls of saturated solution of Sodium Bicarbonate.
General symptoms with colic of stomach.	Lead Salts.	Give Magnesium or Sodium Sulphate one table-spoonful in a tumbler of water, after first treatment with emetics.
General symptoms with particular swelling of mouth and lips, and vomiting of stringy mucus.	Mercury Salts.	Emetics first, followed by repeated administration of a tea-spoonful Sodium Phosphate with an equal quantity of Sodium Acetate in 4 table-spoonfuls of water.
Rigid convulsions, with impeded respirations, feeble pulse.	Nux Vomica and Strychnine.	Give 0.5 gm. (or 8 grains) Potassium Permanganate, or 1.5 gm. (24 grains) Tannic Acid suspended in half tea-cupful of warm water, or animal charcoal <i>ad lib</i> . If possible use artificial respiration.
Excitement followed by headache and stupor. Pupils of eyes contracted to a point.	Opium and Morphia.	Emetics if possible, followed by Potassium Permanganate (0.5 gm. in half breakfast-cupful of water, or 8 grains in half tea-cupful). Then hot strong coffee, and flip the face and chest with a wet towel, and apply smelling salts to the nostrils.
Vomit luminous, and has characteristic odour.	Phosphorus.	NO OIL TO BE GIVEN.—Emetics first, followed later by milk or gruel.
Vomiting, faintness, weak sight.	Tobacco or Nicotine.	Emetics followed by stimulants.
Vomiting excessive, with quick pulse and breathing pain and paralysis of muscles.	Zinc Salts.	NO EMETICS.—Give milk and white of egg followed by repeated doses of Sodium Bicarbonate in saturated solution.

EMETICS FOR USE IN CONJUNCTION WITH THE ABOVE { One table-spoonful of powdered Mustard in $\frac{1}{2}$ pint of lukewarm water.
Two table-spoonfuls of table salt in 6-ozs. of lukewarm water.
Tickle the back of the throat with a feather, taper, or the finger, or
Give prepared powders of Ipecacuanha Pulv. (20-30 grains) in 2-ozs. of warm water

1st month

JANUARY, 1938

31 days

Phases of the Moon, 1938.

Date of Month	Day of Week		Day	Hour
		New Moon ...	1 ...	6-58 p.m.
		First Quarter ...	9 ...	2-13 p.m.
		Full Moon ...	17 ...	5-53 a.m.
		Last Quarter ...	23 ...	8-9 a.m.
		New Moon ...	31 ...	1-35 p.m.

ENGAGEMENTS

1	S	New Year's Day
2	S	1st Sunday after Christmas (1)
3	M	
4	Tu	
5	W	
6	Th	Epiphany.....
7	F	
8	S	
9	S	1st Sunday after Epiphany (2)
10	M	
11	Tu	
12	W	
13	Th	
14	F	
15	S	
16	S	2nd Sunday after Epiphany (3)
17	M	
18	Tu	
19	W	
20	Th	
21	F	St. Agnes.....
22	S	
23	S	3rd Sunday after Epiphany (4)
24	M	
25	Tu	Conversion of St. Paul
26	W	
27	Th	
28	F	
29	S	
30	S	4th Sunday after Epiphany (5)
31	M	

We do not recommend household spoons for measuring medicine, they differ so much.
Let us supply you with a properly graduated medicine Glass.

ANSWERS

TO

"HOW MUCH DO YOU KNOW?"

(1) With the invention of the aeroplane came the need for new words or the adaptation of existing words in our language to describe the machine and its parts. Such parts as were already in use in other machines took their names with them, so to speak—the engine and petrol-tank, for instance. In other cases French words were adopted—fuselage for the central body of the 'plane (this being French for "shuttle" which that part represented in shape) ; aileron, the French for wing-tip, and so on. The man who drove the aeroplane was originally christened an aeronaut, or air sailor (before "pilot" became general), and the nautical idea was carried a little further by naming his compartment after the cabin used by some of the officers on a warship—the cockpit. Thus is the aeroplane linked up with the old days of cock-fighting, for the cockpit of a warship was originally the place where the cocks, carried on most men-of-war, fought their battles.

(2) In the days before the carefully marked-out running track as we know it, the starting line was merely a scratch in the ground or turf. It naturally followed, therefore, that the man who started from that mark should become known as the "scratch" man, as opposed to those who received a start. Hence, too, the term "scratch race," applied to a contest where all the competitors start level. A similar scratch in the ground in the old boxing ring, up to which the combatants had to stand when starting a fight, gave currency to that other term, "coming up to scratch."

(3) The christening of a child is more than the act of naming ; it is the child's baptism and initiation into the Christian faith. Three god-parents are required in the Anglican Church, two of them being of the same sex as the child, and they must give an assurance that the child will be brought up in the faith in which it is baptised. The rule that every candidate for baptism must be sponsored in this way dates from the early days of the Church. Then the baptism of adults was general, and the sponsors were deemed necessary at that time to guarantee the candidate as a fit and proper person to be admitted to the faith. These sponsors were also known as sureties, relations in God and parents in God—the latter giving rise to the title "god-parents" now used.

(4) Our Saxon ancestors believed in the existence of a queer monster named Mara, which crouched on the chests of sleepers (hence the term nightmare). This beast was supposed to live in a nest lined with gold. Credulous people used to look for Mara's nest, hoping to discover the treasure. From this legend, any supposed great discovery which led to nothing has become known as Mara's, or a mare's, nest.

(5) Practically every breed of domestic dog has been evolved from a common ancestor, the wolf—with perhaps an admixture of the jackal. Consequently, there has been bred by each nation the type of dog which most appealed to some need or the temperament of its people. So far as our country is concerned, the "sport" of bull-baiting, which was introduced early in the twelve hundreds, called for a dog with certain physical attributes—such as a powerful grip—as well as indomitable courage. A breed with these characteristics was evolved from the mastiff and named from the purpose for which it was bred. The blind courage and fight-to-the-finish qualities of the bulldog appealed to the temperament of our people as reflecting national characteristics, and so the bulldog became our national dog.

Continued on Page 38

Date of Month	Day of Week	Phases of the Moon, 1938.				
			Day		Hour	
		First Quarter	...	8	...	0-33 a.m.
		Full Moon	...	14	...	0-14 p.m.
		Last Quarter	...	22	...	4-24 a.m.

ENGAGEMENTS		
1	Tu	
2	W	
3	Th	
4	F	
5	S	
6	S	5th Sunday after Epiphany (6)
7	M	
8	Tu	
9	W	
10	Th	
11	F	
12	S	
13	S	Septuagesima (7)
14	M	
15	Tu	
16	W	
17	Th	
18	F	
19	S	
20	S	Sexagesima (8)
21	M	
22	Tu	
23	W	
24	Th	St. Matthias
25	F	
26	S	
27	S	Quinquagesima (9)
28	M	

Stocks of all the leading Perfumes and Toilet Requisites are held by us.

"HOW MUCH DO YOU KNOW?"—continued

(6) The superstition that May is an unlucky month for weddings comes from the Romans. Their month of May contained two important festivals—Bona Dea, the feast of the Goddess of Chastity; and Lemuralia, the celebration of the dead. Marriage at that time, then, was certain to be ill-omened, for it was an offence against the Goddess, and, secondly, an affront to the dead by introducing gaieties into a period of mourning.

(7) The adaptation of the initials of United States to Uncle Sam started, according to the recognised authorities, in a store on the Hudson owned by an American named Elbert Anderson. Connected with the store were two men, Ebenezer Wilson and his uncle, Samuel Wilson, who was known to most people, besides his nephew, as "Uncle Sam." The goods coming to the store were generally marked E.A.—U.S. (really meaning Elbert Anderson, United States), but the local joke that the U.S. stood for Uncle Sam was passed on until everyone associated Uncle Sam with the States' initials.

(8) The scarecrow was not invented to scare crows. According to the antiquarians, it had a much grimmer origin than that—being a link with those dark ages when every enterprise was attended by human sacrifices. When a ship was launched a human life was sacrificed (this is now symbolised by the breaking of a bottle of wine); when a building was begun, again a life was sacrificed (now symbolised by the laying of a foundation stone). So the farmer, anxious to appease the gods of the weather, and to ensure good crops, made his sacrifice. Gradually the practice of human sacrifice died out, but the farmer bowed to ancient superstition to the extent of putting up an effigy in his fields in place of the human being.

(9) The purpose of the smoke (or carbolic fumes now sometimes used) is not to stupefy the bees. On the contrary, it is intended to frighten or excite them. Immediately the smoke enters the hive the bees at once fill their honey-sacs with food from the nearest store-cells, in readiness for whatever disaster may happen. Made sluggish by the food they carry, the insects are more amenable to interference.

(10) The first recorded instance of the National Anthem being played or sung at a public performance occurred at Drury Lane Theatre, in London. This was in 1745, at which time the Scottish forces of Prince Charles Edward were sweeping southward. They had occupied Carlisle, Manchester and Derby, and it seemed possible that London might be invaded. Feeling ran high, and when, at the conclusion of a performance, an actress sang the National Anthem, there was a tremendous response. The idea was immediately copied by the other theatres, and so the custom became general.

(11) This saying, which means to buy something without troubling to see what you are really getting for your money, takes us back to a "confidence trick" of the old days. An unsuspecting person was offered a bag (for which "poke" is an old name) said to contain a sucking pig. If he bought, he found that the bag contained not a sucking pig, but a cat. But if he insisted on looking in the sack first, then he "let the cat out of the bag"—this being the origin of that often-used expression.

(12) At one time each man and woman in this country was known only by a Christian name. Then the Normans popularised the custom of giving each person a surname (which means really a name over and above the Christian name). Some people were named after their trade or office (hence such names as Taylor and Clark), others after their place of residence (Ford and Marsh), and so on. A great many other people, following an old custom, took their name from their father; the son of William became known as Williamson, the son of John as Johnson. This is what happened in a great many cases in Scotland, "mac" being merely the Gaelic for "son." Hence such names as MacDonald, the son of Donald. Mc. and M' are simply abbreviated forms of "Mac."

3rd month

MARCH, 1938

31 days

Phases of the Moon, 1938.

		<i>Phases of the Moon, 1938.</i>				
<i>Date of Month</i>	<i>Day of Week</i>		<i>Day</i>		<i>Hour</i>	
		New Moon	...	2	...	5-40 a.m.
		First Quarter	...	9	...	8-35 a.m.
		Full Moon	...	16	...	5-15 a.m.
		Last Quarter	...	24	...	1-06 a.m.
		New Moon	...	31	...	6-52 p.m.

ENGAGEMENTS

1	Tu	St. David's Day
2	W	
3	Th	
4	F	
5	S	
6	S	Quadragesima (1st Sunday in Lent) (10)
7	M	
8	Tu	
9	W	Ember Day
10	Th	
11	F	Ember Day
12	S	Ember Day
13	S	2nd Sunday in Lent (11)
14	M	
15	Tu	
16	W	
17	Th	St. Patrick
18	F	
19	S	
20	S	3rd Sunday in Lent (12)
21	M	
22	Tu	
23	W	
24	Th	
25	F	Annunciation . Lady Day
26	S	
27	S	4th Sunday in Lent (13)
28	M	
29	Tu	
30	W	
31	Th	

ACCURACY IN THE SMALLEST DETAIL IS PART OF THE SERVICE WE OFFER.

MISCELLANEOUS HELPS

If your fingers become stained with Ink, wet the head of a match and rub it on the spots. Then rinse the fingers with soap and water and the ink will quickly vanish.

To remove Stains from Hands, rub them with a piece of lemon or left-over grape fruit skins; for stubborn stains use powdered pumice stone and lemon juice, afterwards rubbing the hands with glycerine or rosewater. Aromatic spirits of ammonia will remove iodine stains from the hands. Remove walnut stains, also peach and other fruit stains, by rubbing them with the juice of raw, ripe tomatoes. For Oil stains, rub the hands with moist sugar. Cornmeal and lemon juice made into a paste is also excellent for removing grime and stains from hands and nails. Paring potatoes in cold water prevents staining of the fingers. Remove Tar stains by rubbing them with the outside of a fresh orange or lemon peel, or lard.

To peel Oranges easily, pour boiling water over them and let stand for five minutes; the white lining will come away with the skin. Then slice them and put in the icebox to cool. Never let oranges stand long after slicing as they become bitter. Grape fruit can also be peeled easily in this way.

When aluminium ware becomes black and dull looking, clean it with a soft cloth dipped in lemon juice; rinse in warm water; this also makes blackened pan bottoms look like new.

If aluminium ware is in very bad condition, treat it as follows : Add to one quart of water a tablespoonful of oxalic acid crystals; let the cold solution stand in the utensil overnight, or boil it up for not more than five minutes. Oxalic Acid is poison and should be used with great care.

Window Cleaning Helps. Before washing windows, brush all dust off the frames, using a wooden skewer and a cloth for corners and grooves. Do not use soap, or wash when sun is shining on them, as it makes them streaked. A few drops of kerosene or bluing in water used for cleaning, or a little alcohol on a cloth for the final polish, gives a wonderful polish to windows after washing as usual; rub afterwards with soft, dry cloth. Tissue paper, or even newspaper, is excellent for polishing. Steel wool is fine for removing spots from panes.

A spoonful of kerosene, added to a kettle of very hot water makes windows and mirrors bright and clear. Wring out a small clean cloth and rub it over the glass; leave for a few minutes and wipe dry with a large clean cloth.

When Hands Perspire and soil the sewing material, try bathing them with strong alum water, or alcohol.

To Restore Flannels, which have become hard and shrunken, to their former softness, soak them in gasoline for a few hours; then wash in soft soapsuds as usual and rinse in clear water of the same temperature. When washing flannels, thoroughly dissolve the soap or it will stick and the flannels will be patchy when they are dry. Never rub soap directly on flannels; wash in soapy water and rinse in clear lukewarm water.

To SET COLOUR in Wash Goods before laundering. Any coloured fabric should have colour set before washing, using method below, which is best suited to goods :—

For green, blue, pink, pinkish purple, lavender and aniline reds, soak for 10 minutes in alum water, using three ounces of powdered alum to a tub of water.

For black-and-white, grey, brown, purple, or dark blue, soak in salt water, using half-a-cupful of common salt to a quart of warm water; soak one hour and rinse well.

Vinegar is also good for dark colours, using quarter-of-a-cup of vinegar to one quart of water.

One teaspoonful of blue-black ink added to a tub of water will set colours in black and white goods. For clear black fabric, use borax water.

For washing and rinsing delicate coloured materials, Epsom Salts are excellent. Dissolve one teaspoonful in each gallon of water; the most delicate shades will neither fade nor run.

To fix the colour of a cotton dress, soak it for twelve hours in water to which a table-spoon of turpentine has been added; then wash as usual and the colour will remain fast. For delicate shades of coloured linens, use plenty of pulverised borax in the washing and rinsing waters.

Sugar of lead is best for delicate greens, blues, lavender, and tan. Use one teaspoon of sugar of lead to one quart of water; soak 15 minutes. Use this with care as it is poisonous; throw away after using and wash hands carefully.

Wash in lukewarm sudsy water as quickly as possible after setting, rinse well, and dry in shade. If in doubt about goods, first try a small piece as above and note carefully the result.

A tablespoonful of black pepper, or three tablespoons of turpentine stirred into the first suds in which cottons are washed, will prevent colours running. Do not use strong soap or hang in the sun; all cotton colours are less likely to fade if dried in the house. Calico and muslin, however, should hang while wet so that the sun falls freely on them. When sprinkling coloured goods for ironing after setting colour, do not roll them; leave them flat and the colour is less likely to run.

To prevent a Blister on the Heel when shoes slip, rub paraffin, or soap, on the stocking. In a short time the slipping will stop. If slippers do not cling to the feet while dancing, gum a small piece of velveteen and place it inside the back of each heel. Or, try a patch of adhesive tape.

To Clean a Carpet and restore its colour, mix half-a-pint of turpentine with one quart of hot water, dip a carpet brush in it and go over the carpet once or twice. Grated raw potato is an excellent cleaner for stained and dirty carpets. Rub it over the surface and finish off with a warm, damp cloth.

For a Boil, the skin of a hard-boiled egg will draw out the matter and relieve the soreness in a few hours. Peel the egg carefully, wet the skin and apply to affected part. Turpentine applied to a boil when first discovered will kill it at once.

4th month

APRIL, 1938

30 days

Phases of the Moon, 1938.

Date of Month	Day of Week		Day	Hour
		First Quarter ...	7	3-10 p.m.
		Full Moon ...	14	6-21 p.m.
		Last Quarter ...	22	8-14 p.m.
		New Moon ...	30	5-28 a.m.

ENGAGEMENTS

1	F	
2	S	
3	S	5th Sunday in Lent (14)
4	M	
5	Tu	
6	W	
7	Th	
8	F	
9	S	
10	S	Palm Sunday (15)
11	M	
12	Tu	
13	W	
14	Th	
15	F	Good Friday. Public Holiday
16	S	
17	S	Easter Sunday (16)
18	M	
19	Tu	
20	W	
21	Th	
22	F	
23	S	St. George
24	S	1st Sunday after Easter (17)
25	M	St. Mark
26	Tu	
27	W	
28	Th	
29	F	
30	S	

WE CARRY A COMPLETE RANGE OF NECESSITIES FOR THE NURSERY.

ANSWERS TO BRAIN TEASERS

TO BE FOUND ON PAGE 32

- | | |
|--|---|
| 1 "Don't give yourself airs." | 35 Anita Loos. |
| 2 From May to August inclusive. | 36 $1\frac{1}{2}$ miles. |
| 3 Hurdling. | 37 100 miles. |
| 4 A turn in ski-running. | 38 Clubs for business men. |
| 5 A photograph taken at close quarters. | 39 An instrument used for multiplying and dividing. |
| 6 A cheap cigarette. | 40 8 ozs. |
| 7 Five holes up and four to play. | 41 A table or stand from which one helps oneself. |
| 8 Because it contains piteous appeals. | 42 Kitchener of Khartoum. |
| 9 Viscount. | 43 A cormorant. |
| 10 A Hunt steeplechase. | 44 Stamp collectors. |
| 11 £5. | 45 A card game for two players. |
| 12 Knock Out. | 46 A Russian dancer. |
| 13 Melody added as accompaniment to given melody. | 47 Harvey. |
| 14 A Greek orator. | 48 Zutphen. |
| 15 4 min. 10 secs., Nurmi, 1923. | 49 An exhibition of buck-jumping and cattle riding. |
| 16 Three. | 50 Yeomen of the Guard. |
| 17 A summons. | 51 Changeable. |
| 18 Brush. | 52 Lady Mary Wortley Montague and Jenner. |
| 19 Stern. | 53 Red and Yellow. |
| 20 The right looking towards the bows. | 54 Those that are indivisible. |
| 21 An aeroplane that can remain motionless in the air. | 55 Shares standing at 100. |
| 22 The period of play at polo. | 56 Four wheel brakes. |
| 23 98.4 degrees. | 57 A narcotic. |
| 24 Bantam. | 58 The crowd. |
| 25 Dr. Johnson. | 59 When two people play bridge. |
| 26 Ship with forward-raking bows and aft-raking masts. | 60 Aristocrat. |
| 27 Rowing. | 61 In Whitehall. |
| 28 Run scored in cricket from ball hitting the pad. | 62 The head office of pilots. |
| 29 640. | 63 Twenty-two yards. |
| 30 Evening dress. | 64 Preparations for a trousseau. |
| 31 Becoming a K.C. | 65 A good fellow. |
| 32 Even chance on any horse you like to back. | 66 In Ireland. |
| 33 St. Denys. | 67 Jeffery Farnol. |
| 34 Early printing. | 68 A street with only one exit. |
| | 69 Imagining diseases. |
| | 70 The exile of Napoleon. |
| | 71 Literature. |
| | 72 39.37 inches. |

Willie (doing his home work) : "What is the distance to the nearest star, Auntie?"

"I'm sure I don't know, Willie."

"Well, I hope, then, you'll feel sorry to-morrow when I'm getting punished for your ignorance."

5th month

MAY, 1938

31 days

Phases of the Moon, 1938.

Date of Month	Day of Week	First Quarter	Full Moon	Last Quarter	New Moon
		...	...	...	...
		...	...	...	...
		...	...	...	...
		...	...	...	...

Day	Hour
6	9-24 p.m.
14	8-39 a.m.
22	0-36 p.m.
29	2-0 p.m.

ENGAGEMENTS

1	S	2nd Sunday after Easter (18)
2	M	
3	Tu	
4	W	
5	Th	
6	F	
7	S	
8	S	3rd Sunday after Easter (19)
9	M	
10	Tu	
11	W	
12	Th	
13	F	
14	S	
15	S	4th Sunday after Easter (20)
16	M	
17	Tu	
18	W	
19	Th	
20	F	
21	S	
22	S	Rogation Sunday (21)
23	M	
24	Tu	Empire Day
25	W	
26	Th	Ascension Day
27	F	
28	S	
29	S	1st Sunday after Ascension (22)
30	M	
31	Tu	

BRING YOUR PRESCRIPTIONS TO US.

THE ORIGIN OF OUR TWO NATIONAL GAMES

CRICKET.

The game of cricket was, in mediaeval times, under the ban of the law. In 1477 Edward IV forbade the playing of "cloish, ragle, half-bowle, oakeboard, and hand-out." The latter is held to be the primitive form of cricket. The main reason for this interdict was that the new recreations were interfering with the cultivation of archery.

The early history of cricket is involved in some obscurity ; but it is certain that some country clubs had been formed before the end of the 18th century. Old prints are extant showing the players in knee-breeches and stockings holding bats with a curved projection at the bottom on the right-hand side. Evidently the method then in use was to strike the ball with the bottom of the bat, a method probably derived from hockey.

Sussex and Kent were the cradle of the game. Labourers and artisans welcomed it eagerly, as did the gentry. Games took place on the village green, and the clergyman was often seen playing with his parishioners on Sunday afternoon—this was before Sunday was misnamed the sabbath.

The game was found to adapt itself to contests between different villages and towns, and by-and-by counties entered the list.

FOOTBALL.

The first mention of football in English literature is found in Fitz Stephen's *History of London* (1175). Chester, however, has a legend that, during the Danish invasion of England in 982, the citizens of that town captured a Dane, and, after beheading him kicked his head about the streets for sport. This proved so attractive that it was repeated whenever the head of an enemy could be secured.

Finally, there was substituted for the occasional head a perennial "balle of leather," called a football, of the value of four shillings, which the shoemakers of Chester were bound by their Charter to deliver on Shrove Tuesday to the drapers.

From a cross at the Rode Ince it was kicked to the common hall of the city or *vice versa*. The game often degenerated into a rough and tumble scrimmage and the ball itself might be left *perdu* for half-an-hour at a time, while players chased one another through alleys and lanes and even into the houses of respectable citizens. Sconces were cracked, bones broken, lives lost. The custom spread to other places. Frequently one town would challenge another, the ball would be placed midway between the rivals, and each side strove to drive it into the enemy's stronghold.

(From *Handy Book of Curious Information*.)

6th month

JUNE, 1938

30 days

Phases of the Moon, 1938.

Date of Month	Day of Week	First Quarter	...	Day	...	Hour
		Full Moon	...	12	...	11-47 p.m.
		Last Quarter	...	21	...	1-52 a.m.
		New Moon	...	27	...	9-10 p.m.

ENGAGEMENTS

1	W	
2	Th	
3	F	
4	S	
5	S	Whit Sunday (Pentecost) (23)
6	M	
7	Tu	
8	W	Ember Day
9	Th	
10	F	Ember Day
11	S	Ember Day. St. Barnabas
12	S	Trinity Sunday (24)
13	M	
14	Tu	
15	W	
16	Th	Corpus Christi
17	F	
18	S	
19	S	1st Sunday after Trinity (25)
20	M	
21	Tu	
22	W	
23	Th	
24	F	St. John
25	S	
26	S	2nd Sunday after Trinity (26)
27	M	
28	Tu	
29	W	St. Peter and St. Paul
30	Th	

TAKE NO CHANCES—SKILL AND EXPERIENCE COST YOU NO MORE.

MAKE YOUR PARTIES SUCCESSFUL

Parties, whether for young or old, are pleasure events. The party that is most successful is the one which succeeds in keeping the guests entertained. To enable the host or hostess to successfully cope with the demand for games, we are giving a few good ones on this page.

BLIND BLIND.—Towels are tied around the necks of two guests. They are then blindfolded and seated on the floor facing each other, with a bowl of jam or chocolate ice cream between them. Each player is given a spoon and is told to feed the other. The result is ludicrous.

MYSTIC SIGHT.—Tell a person to take any number of coins from his pocket ; and that you will, without looking, giving him enough coins to make the number odd if he already has an even number ; or even if he has an odd number. All you need do is to give him an odd number of coins, and you cannot make an error.

WINE TO WATER.—A glass of wine is held in one hand and when poured into an empty glass in the other hand the wine changes to water. This is done simply by having the wine consist of water in which a small amount of potassium permanganate has been dissolved. The other glass contains a small amount of hydrogen peroxide, which is colourless and therefore will not be noticed. When the prepared wine is poured into the apparently empty glass it changes back to water.

GUESS AGAIN.—A guest is blindfolded, and is given a short light stick with which he feels around until he touches somebody. He then asks two questions, which the "touched" guest answers in a disguised voice. If the guest who is "it" recognises the voice, the person touched becomes "it," and the game continues.

THE HONEYMOON GAME.—Put all the players in one room and keep two out as leaders. Put an old rickety chair (if possible) in another room. Blindfold each guest in turn and lead them into the room with the chair. Turn them round twice and tell them to sit down. Both leaders keep quiet and one of them writes down the first words the player says. The bandage is then taken off and the player is told that the words he said will be the first words he or she will say on their honeymoon. After all the guests have been brought in—read out the remarks, they will be most funny.

7th month

JULY, 1938

31 days

Phases of the Moon, 1938.

Date of Month	Day of Week				
		Day		Hour	
		First Quarter	...	4	... 1-47 p.m.
		Full Moon	...	12	... 3-5 p.m.
		Last Quarter	...	20	... 0-19 p.m.
		New Moon	...	27	... 3-53 a.m.

ENGAGEMENTS

1	F	
2	S	
3	S	3rd Sunday after Trinity (27)
4	M	
5	Tu	
6	W	
7	Th	
8	F	
9	S	
10	S	4th Sunday after Trinity (28)
11	M	
12	Tu	
13	W	
14	Th	
15	F	
16	S	
17	S	5th Sunday after Trinity (29)
18	M	
19	Tu	
20	W	
21	Th	
22	F	
23	S	
24	S	6th Sunday after Trinity (30)
25	M	St. James
26	Tu	
27	W	
28	Th	
29	F	
30	S	
31	S	7th Sunday after Trinity (31)

We sell only THE BEST. Special care is taken to see that this is always maintained.

OMENS OF LUCK

If the palm of your right hand itches, you are about to receive money :
"Rub it on wood ; Sure to come good."

To accidentally put on a garment inside out, foretells good fortune about to befall you, but the garment must not be put right.

To see the new moon for the first time over your right shoulder means good luck, especially if silver coins are turned over in the hand, and a wish made before speaking aloud.

On awaking on the morning of the first day of the month, it is lucky to exclaim "Rabbit."

Spiders found on the clothing indicate high good fortune.

To put your right foot first out of bed is lucky.

Black cats bring luck to a house.

To find an old horseshoe is lucky.

If your right ear tingles, good luck is on the way.

It is lucky to stumble going up stairs.

When wearing new boots, if someone treads upon your foot it brings good luck.

See a pin and pick it up and all the day you will have good luck.

If you pick up a horseshoe with the open end towards you it is good luck.
If the open end is away from you it is bad luck.

To be measured for new clothes on a Monday brings good fortune, or if measured on a Saturday it foretells a handsome legacy.

To wear new clothes for the first time on a Sunday brings happiness and ease.

Tuesday and Wednesday are the lucky days of the week.

The numbers "Three," "Ten," and "Seven" are lucky and sacred numbers.

If two spoons are accidentally laid for one person, there is going to be a wedding.

To sneeze on Sunday morning before breakfast, is a sure sign of happiness in love.

If an unmarried person is accidentally seated at table between a married couple, he or she is sure to be wedded within the year.

To wish when you see shooting stars is considered lucky.

It is lucky to give a friend a bent coin.

Crickets in a house are an omen of prosperity.

To see a white rat is a sign of good fortune.

A child of ten was explaining to her five-year-old brother how very wrong it is to work on Sunday.

"Why?" said the boy, "Policemen work on Sundays; don't they go to heaven?"

"No," explained the little girl, "they are not needed there."

8th month

AUGUST, 1938

31 days

Phases of the Moon, 1938.

Date of Month	Day of Week		Day	Hour
		First Quarter ...	3	2-0 a.m.
		Full Moon ...	11	5-57 a.m.
		Last Quarter ...	18	8-30 p.m.
		New Moon ...	25	11-17 a.m.

ENGAGEMENTS

1	M	Bank Holiday. Public Holiday
2	Tu	
3	W	
4	Th	
5	F	
6	S	
7	S	8th Sunday after Trinity (32)
8	M	
9	Tu	
10	W	St. Lawrence
11	Th	
12	F	
13	S	
14	S	9th Sunday after Trinity (33)
15	M	
16	Tu	
17	W	
18	Th	
19	F	
20	S	
21	S	10th Sunday after Trinity (34)
22	M	
23	Tu	
24	W	St. Bartholomew
25	Th	
26	F	
27	S	St. Augustine
28	S	11th Sunday after Trinity (35)
29	M	
30	Tu	
31	W	

Inspect our range of TOILET GOODS, we can satisfy the most fastidious.

FORTUNE TELLING FROM THE TEA CUP

Some people use the filled cup in reading the fortune ; but the preferred method is to use the drained cup. After the tea has been drunk, invert the cup on the saucer ; turn it completely around twice, tap lightly with the first finger, and turn upright again.

The leaves and stems will form into various odd shapes which the imagination can build into symbols. Some of the shapes into which the leaves form are :—

TREES.—Good health. More than one tree, the fulfilment of your fondest desire. Surrounded by dots or dashes, fortune awaits.

PEOPLE.—Men are symbolised by long wide stems. Women by long slim stems. Children by short stems. A man signifies business, progress, virility. Men on the sides of the cup are members of the family who will be influenced by other symbols in the cup. When on the bottom of the cup, they are strangers who will enter life for either good or bad. A woman signifies joy, happiness, fertility. On the sides of the cup, members of the family. On the bottom, strangers who will enter the picture for good or evil. A child on the side of the cup indicates love affairs—happy and pure. On the bottom of the cup, passion, its intimacies and penalties.

LEAVES.—In a circle indicate forthcoming marriage. Appearing in conjunction with a man at the cup side means a male member of the family will get married. If with a man at the bottom of the cup, a stranger will enter the family marital circle for good or evil, as shown by the signs.

A PYRAMID.—Is a very fortunate sign, and should be linked with other signs of interpretation. For example, a pyramid with a circle and a man at the bottom of a cup, may be read to mean that a stranger will enter the family circle, bringing good fortune and happiness.

A CROSS is always a sign of reverses and bad fortune.

LANES or roads through the leaves indicate travel and lanes of existence. If broken, they show either a change of residence or position.

DOTS are money signs. Bunched, they mean money soon to be acquired ; scattered, money lost.

A HILL or mountain indicates friendly influence at work, with advancement in social position. But two or more show that enemies are working to damage your hopes.

A TREE is a symbol of health. If strong and firm—good health. If broken, bad health. If upside down in cup, the sign of death.

SUGAR in the bottom of the cup denotes a pleasant surprise to come.

A STEM bent double is the sign of an animal—at the top of the cup a dog, which signifies many good friends ; at the bottom a vicious beast, which means enemies in the making.

When reading fortunes in tea leaves, bear in mind that symbols should be tied together to build up the story ; other symbols may appear, which may be interpreted according to their recognised significance—i.e., a heart—affection, love ; a diamond—an engagement ; a letter—news ; a sword—a fight or misunderstanding. Any reader with wits can build a most interesting and exciting story from tea leaves.

9th month

SEPTEMBER, 1938

30 days

Phases of the Moon, 1938.

Date of Month	Day of Week		Day	Hour
		First Quarter ...	1 ...	5-28 p.m.
		Full Moon ...	9 ...	8- 8 p.m.
		Last Quarter ...	17 ...	3-12 a.m.
		New Moon ...	23 ...	8-34 p.m.

ENGAGEMENTS

1	Th	
2	F	
3	S	
4	S	12th Sunday after Trinity (36)
5	M	
6	Tu	
7	W	
8	Th	
9	F	
10	S	
11	S	13th Sunday after Trinity (37)
12	M	
13	Tu	
14	W	
15	Th	
16	F	
17	S	
18	S	14th Sunday after Trinity (38)
19	M	
20	Tu	
21	W	Ember Day. St. Matthew
22	Th	
23	F	Ember Day
24	S	Ember Day
25	S	15th Sunday after Trinity (39)
26	M	
27	Tu	
28	W	
29	Th	St. Michael.....
30	F	

ALL THE INGREDIENTS USED IN YOUR PRESCRIPTIONS ARE THE FINEST OBTAINABLE

A WARNING TO WIVES

The outcome of the trial is another warning that if you must kill someone, you should spare the person possessing life insurance. . . . Figures are available to show that convictions are much more common in insurance murders than in other types of homicides.

—*Boston Herald.*

Speak gently to your husband, ma'am,
And encourage all his sneezes ;
That nasty cough may carry him off,
If exposed to draughts and breezes.
And suppose the scoundrel lingers on,
And insists on being cured ;
Well, it isn't a sin if a girl steps in—
Unless the brute's insured.
Oh, the selfishness of men, welladay, welladay !
Oh, the sissies, oh, the softies, oh, the mice !
Egotistically they strive to keep themselves alive,
And insurance is their scurviest device.
Insurance !
It's insurance
That tries a person's temper past endurance.
Yet it's safer, on the whole,
To practice self-control
If there's apt to be a question of insurance.
Arsenic soup is a dainty soup,
But not if he's paid his premium,
Or a .32 in a pinch will do,
If you're bored with the epithalamium.
But to make acquittal doubly sure—
No " maybes," no " perhapses "—
You'll do well to wait to expunge your mate
Unless his policy lapses.
The hypocrisy of men, welladay, welladay !
Whited sepulchres are much to be preferred.
They claim it's for their wives they evaluate their lives,
But it's fatal if you take them at their word.
Insurance !
Oh, insurance !
What holds potential widows fast in durance ?
Not the Adlers and the Freuds,
But the Mutuels and Lloyds,
And the jury's evil mind about insurance.

—*Ogden Nash.*

10th month

OCTOBER, 1938

31 days

Date of Month	Day of Week	Phases of the Moon, 1938.		
			Day	Hour
		First Quarter ...	1	11-45 a.m.
		Full Moon ...	9	9-37 a.m.
		Last Quarter ...	16	9-24 a.m.
		New Moon ...	23	8-42 a.m.
		First Quarter ...	31	7-45 a.m.

ENGAGEMENTS		
1	S	
2	S	16th Sunday after Trinity (40)
3	M	
4	Tu	
5	W	
6	Th	
7	F	
8	S	
9	S	17th Sunday after Trinity (41)
10	M	
11	Tu	
12	W	
13	Th	
14	F	
15	S	
16	S	18th Sunday after Trinity (42)
17	M	
18	Tu	St. Luke.....
19	W	
20	Th	
21	F	
22	S	
23	S	19th Sunday after Trinity (43)
24	M	
25	Tu	
26	W	
27	Th	
28	F	St. Simon and St. Jude
29	S	
30	S	20th Sunday after Trinity (44)
31	M	

Our Guarantee—Cheap Prescriptions ; Pure Drugs ; Accurate Dispensing.

OUR NOT-SO-DUMB ANIMALS

(1) THE SQUIRREL.

Squirrels are bright,
Though impolite,
As cultured humans view them ;
They wisely eat the nuts they meet,
While we just listen to them.

(2) THE GROUND-HOG.

The ground-hog rates an accolade
For overcoming hostile fate,
Because these past three years he made
A living out of real estate.

(3) THE PARROT.

The parrot quoting what he's heard,
Declines to add a single word,
And quite discreetly chooses
To tell much less—which, by the way,
Is more than I could ever say
Concerning Mrs. Hoozis.

(4) THE ROOSTER.

The rooster has a dozen wives—
And that's a lot of spouse !
But still this sturdy bird survives
As master of his house.
With courage in his manly chest,
He tells his harem, flat :
" A woman's place is in the nest,
And you can lay to that ! "

(5) THE BOAR.

The boar disdains to be a bore,
Who talks for half-an-hour or more
While you are squirming like an elf
To talk a half-an-hour yourself.

(6) THE OX.

I told the ox, " You've quit the type
Of toil that once you stood for,
So now I guess it's merely tripe
We humans find you good for."'
He answered, " True, tripe may be shorn
From me, but I requite it ;
At least "—he gazed at me with scorn—
" I never stoop to write it ! "

11th month

NOVEMBER, 1938

30 days

Phases of the Moon, 1938.

Date of Month	Day of Week	Phases of the Moon, 1938.				
			Day		Hour	
		Full Moon	...	7	...	10-23 p.m.
		Last Quarter	...	14	...	4-20 p.m.
		New Moon	...	22	...	0- 5 a.m.
		First Quarter	...	30	...	3-59 a.m.

ENGAGEMENTS

1	Tu	All Saints' Day.....
2	W	All Souls' Day.....
3	Th	
4	F	
5	S	
6	S	21st Sunday after Trinity (45)
7	M	
8	Tu	
9	W	
10	Th	
11	F	Armistice Day
12	S	
13	S	22nd Sunday after Trinity (46)
14	M	
15	Tu	
16	W	
17	Th	
18	F	
19	S	
20	S	23rd Sunday after Trinity (47)
21	M	
22	Tu	St. Cecilia
23	W	
24	Th	
25	F	
26	S	
27	S	Advent Sunday (48)
28	M	
29	Tu	
30	W	St. Andrew.....

Our advice in all matters of Pharmacy given freely in your interests.

COLOURS HAVE THEIR LANGUAGE

Colours frequently designate characteristics or temper : i.e., "Brown study," "Black melancholy," "Blue devils," "Green-eyed monster," "Yellow-livered," "Blue stockings," "White feather," etc.

Pink is a happy colour, and makes a kitchen a place of contentment for cooks. A blue and yellow room will soothe even a mortgage holder. Red, unless properly subdued, can make fur fly. It is the dynamic colour of life, typifies blood and vigour, hence the term, "Flaming youth."

Black is the end or death. White means the beginning of things as in birth and marriage robes. Gold is glory and power. Saffron is the confessor's colour.

Violet signifies dignity. It is therefore used by venerable people, the clergy, the church, and royalty. Rose denotes martyrdom. Blue is for cold stability ; the darker the blue, the more stable—for example, the dark blue uniform of the navy. Baby-blue, although still cold, is warmer, because the newness of a baby entitles him to warmth. It is the colour that denotes a boy baby. Pink is used for girl babies, for, being a shade of red, it denotes the life-giving function.

Red, with its virility, blue with its stability, and white to separate them are the flag's best colours. Blondes should avoid green, while red-heads demand grey, blue, and green.

TO FIND DIMENSIONS

To find circumference of a circle, multiply diameter by 3.1416.

To find diameter of a circle, multiply circumference by .31831.

To find area of a circle, multiply square of diameter by .7854.

To find area of a triangle, multiply base by one-half perpendicular height.

To find surface of a ball, multiply square of diameter by 3.1416.

To find solidity of a sphere, multiply cube of diameter by .5236.

To find cubic inches in a ball, multiply cube of diameter by .5236.

A cubic foot of water contains $7\frac{1}{2}$ gallons, 1,728 cubic inches, and weighs $62\frac{1}{2}$ pounds.

Teacher: "Concrete is that which can be seen; abstract is that which cannot be seen. Now give an example of concrete?"

Pupil: "My knickers."

Teacher: "Good; now give me an example of the abstract."

Pupil: "Yours."

12th month

DECEMBER, 1938

31 days

Phases of the Moon, 1938.

Date of Month	Day of Week		Day	Hour
		Full Moon	... 7 ...	10-22 a.m.
		Last Quarter	... 14 ...	1-17 a.,m.
		New Moon	... 21 ...	6- 7 p.m.
		First Quarter	... 29 ...	10-53 p.m.

ENGAGEMENTS

1	Th	
2	F	
3	S	
4	S	2nd Sunday in Advent (49)
5	M	
6	Tu	St. Nicholas
7	W	
8	Th	
9	F	
10	S	
11	S	3rd Sunday in Advent (50)
12	M	
13	Tu	
14	W	Ember Day. King's Birthday.
15	Th	
16	F	Ember Day.....
17	S	Ember Day.....
18	S	4th Sunday in Advent (51)
19	M	
20	Tu	
21	W	St. Thomas
22	Th	
23	F	
24	S	
25	S	Christmas Day. Public Holiday (52).....
26	M	St. Stephen.....
27	Tu	St. John, Apostle and Evangelist
28	W	Holy Innocents' Day
29	Th	
30	F	
31	S	

CONFIDENCE IN US WILL NOT BE CONFIDENCE MISPLACED.

DO YOU THINK QUICKLY ?

Try the following and see how quickly you can answer the questions. If you do so in three minutes you have a quick brain.

1. The opposite of love is ?
(1) friend, (2) joy, (3) hate, (4) fear, (5) enemy.
2. The statement that "the cow jumped over the moon" is ?
(1) misleading, (2) improbable, (3) absurd, (4) wicked, (5) unfair.
3. A contest always has ?
(1) spectators, (2) newspaper reports, (3) opponents, (4) victory, (5) applause, (6) referee.
4. If one yard of material costs 9 $\frac{3}{4}$ d., what will 12 yards cost ?
5. Gold is more costly than tin because it is ?
(1) softer, (2) lighter, (3) scarcer, (4) heavier, (5) harder, (6) prettier.
6. If the words "Winter in comes snow the" were arranged to make a sentence, the second word would be ?
(1) Winter, (2) in, (3) comes, (4) snow, (5) the.
7. CLOCK is related to TIME as a thermometer is to ?
(1) glass, (2) warm, (3) watch, (4) mercury, (5) temperature, (6) weather.
8. Which of the ten statements below explains this proverb ? "A burnt child dreads the fire."
(1) Don't believe everything you hear.
(2) It pays to do only one thing at a time.
(3) It is foolish to worry about things that cannot be helped.
(4) Early birds like worms best.
(5) Appearances are often deceptive.
(6) Don't worry over troubles before they come.
(7) Hurtful experiences teach us to be careful.
(8) Prompt persons often triumph over late ones.
(9) It is better to be content with a little than take a big risk to get a lot.
(10) Desperate people cling to absurd hopes.
9. Which statement above explains this proverb ? "Don't cry over spilt milk."
10. Which statement explains this proverb ? "The early bird catches the worm."
11. If a strip of cloth 60-inches long will shrink to 55-inches when washed, how many inches long will a 48-inch piece of the same cloth be after shrinking ?
12. A party consists of a man and his wife, his wife's sister, his two sons and their wives and four children in each son's family. How many are in the party ?

Turn to page 64 for answers.

The teacher was giving a lesson about animals, but Cecil was not listening, so she asked him: "What's the use of the reindeer?"

"To make the flowers grow," replied the happy little fellow.

WEIGHTS & MEASURES

Lineal Measure.

4 ins. make	1 Hand	5½ yds. make	1 Rod
9 ins. "	1 Span	[Pole or Perch	
12 ins. "	1 Foot	4 Poles "	1 Chain
3 feet "	1 Yard	10 Chains "	1 Furlong
5 feet "	1 Pace	8 Furlongs,	1 Mile
6 feet "	1 Fthm.	3 Miles "	1 League
	1.151 Miles	make	1 Knot.

A Mile varies in different countries :—

	ys.		ys.
England...	1,760	Ireland & Scotland	1,984
Italy ...	2,025	Russia ...	1,167
Spain ...	6,600	Germany ...	8,239
Sweden...	11,067	Hungary ...	9,113

France measurement is Mean League of 3,666 yards.

Square or Land Measure.

144 Square Inches	=	1 Square Foot
9 Square Feet	=	1 Square Yard
30½ Square Yards	=	1 Square Perch
40 Perches	=	1 Rood
640 Acres	=	1 Square Mile

An Acre equals 4,840 Square Yards.

Troy Weight.

3.17 Grains	=	A Carat
24 Grains	=	1 Pennyweight
20 Pennyweights	=	1 Ounce
12 Ounces	=	1 Pound
100 Pounds	=	1 Hundredweight

The standard for gold coin is 22 carat fine gold and 2 carats alloy.

Apothecaries' Weight.

20 Grains ...	=	1 Scruple
3 Scruples (60 grs.)	=	1 Drachm
8 Drachms (480 grs.)	=	1 Ounce
12 Ounces (5,760 grs.)	=	1 Pound (lb.)

Drugs are compounded by this weight.

Avoirdupois Weight.

20 Hundwts.	=	1 Ton
112 Pounds	=	1 Hundwt. (cwt.)
28 Pounds	=	1 Quarter
14 Pounds	=	1 Stone †
16 Ounces	=	1 Pound (lb.)
16 Drams	=	1 Ounce (437.5 grs.*)

* A grain is the same in all weights.

† Butcher's Stone is 8 lbs.

By Avoirdupois are weighed the larger and coarser kind of goods, such as groceries, cheese, butter, meat, corn, etc.

Measures of Capacity—Dry Measure.

1 Minim ...	=	1 Drop
1 Dram ...	=	1 Tea-spoonful
2 Drams ...	=	1 Dessert-spoonful
4 Drams ...	=	1 Tablespoon
60 Minims ...	=	1 Dram
8 Drams ...	=	1 Ounce
20 Ounces ...	=	1 Pint, nearly ½ litre
4 Gills ...	=	1 Pint, 34,659 c. in.
2 Pints ...	=	1 Quart, 1 and one-tenth litre
2 Quarts ...	=	1 Pottle
4 Quarts ...	=	1 Gallon, 277.274 c. in.
2 Gallons ...	=	1 Peck
4 Pecks (8 gal.)	=	1 Bushel, 1.2837 c. ft.
2 Bushels ...	=	1 Strike
3 Bushels ...	=	1 Bag
4 Bushels ...	=	1 Coomb
8 Bushels ...	=	1 Quarter
12 Bags ...	=	1 Chaldron
5 Quarters	=	1 Wey or Load, 51,347
10 Quarters	=	1 Last

An Imperial Gallon of distilled water weighs 10 lbs. Avoirdupois.

A wine-glass holds about 2 oz.; a tea-cup about 3 oz.

In the North of England half-a-pint is called a gill and a true gill a "noggin."

Corn is sometimes sold by weight. The average weight of a bushel of barley is 47 lbs., oats 38 lbs., wheat 60 lbs.

Wine and Spirit Measure.

4 Gills ...	=	1 Pint, 34,659 c. in.
2 Pints ...	=	1 Quart
4 Quarts ...	=	1 Gallon
31½ Gallons ...	=	½ Hogshead
63 Gallons ...	=	1 Hogshead
84 Gallons ...	=	1 Puncheon
2 Hogsheads	=	1 Pipe
2 Pipes ...	=	1 Tun

Measure of Space—Angular Measure.

60 Seconds ...	=	1 Minute
60 Minutes ...	=	1 Degree
30 Degrees ...	=	1 Sign
45 Degrees ...	=	1 Octant
60 Degrees ...	=	1 Sextant
90 Degrees, right angle	=	1 Quadrant
180 Degrees ...	=	1 Semi-Circle
360 Degrees ...	=	1 Circle

Teacher : "The earth has considerable attractive power ; that power is known as gravity. It is, in fact, the law of gravity which prevents us being thrown off the earth as it revolves."

Scholar : "Please, teacher, how did we keep on the earth before the law was passed ?"

ARITHMETICAL TERMS, SIGNS, etc.

All computations in Arithmetic are performed by one of the processes known as

Addition, Subtraction, Multiplication, and Division.

The terms used in Multiplication are :—

- (a) The *Multiplier*, or number that Multiplies.
- (b) The *Multiplicand*, or number to be Multiplied.
- (c) The *Product*, or result of the Multiplication.

The terms used in Division are :—

- (a) The *Dividend*, or number to be divided.
- (b) The *Divisor*, or number by which you divide.
- (c) The *Quotient*, or result of the Division.

To find the SUM, add the numbers. To find the PRODUCT, multiply.

„ „ DIFFERENCE, subtract. „ „ QUOTIENT, divide.

+ plus or more signifies addition as $6 + 3 = 9$

— minus or less „ subtraction „ $8 - 5 = 3$

× multiplied by „ multiplication „ $4 \times 2 = 8$

÷ divided by „ division „ $8 \div 4 = 2$

= equal to „ equality „ $3 + 2 = 5$

∴ signifies therefore. ∴ signifies because.

: :: : are the signs of proportion.

6 : 14 :: 18 : 42 means, as 6 is to 14 so is 18 to 42.

() { } [] are brackets, all quantities

between them are treated as one.

D or d signifies Denarii or pence. L or £ signifies Libræ or pounds.

S or s „ Solidi or shillings. % „ per cent.

MULTIPLICATION TABLE

Twice	3 times	4 times	5 times	6 times	7 times
1 are 2	1 are 3	1 are 4	1 are 5	1 are 6	1 are 7
2 „ 4	2 „ 6	2 „ 8	2 „ 10	2 „ 12	2 „ 14
3 „ 6	3 „ 9	3 „ 12	3 „ 15	3 „ 18	3 „ 21
4 „ 8	4 „ 12	4 „ 16	4 „ 20	4 „ 24	4 „ 28
5 „ 10	5 „ 15	5 „ 20	5 „ 25	5 „ 30	5 „ 35
6 „ 12	6 „ 18	6 „ 24	6 „ 30	6 „ 36	6 „ 42
7 „ 14	7 „ 21	7 „ 28	7 „ 35	7 „ 42	7 „ 49
8 „ 16	8 „ 24	8 „ 32	8 „ 40	8 „ 48	8 „ 56
9 „ 18	9 „ 27	9 „ 36	9 „ 45	9 „ 54	9 „ 63
10 „ 20	10 „ 30	10 „ 40	10 „ 50	10 „ 60	10 „ 70
11 „ 22	11 „ 33	11 „ 44	11 „ 55	11 „ 66	11 „ 77
12 „ 24	12 „ 36	12 „ 48	12 „ 60	12 „ 72	12 „ 84

8 times	9 times	10 times	11 times	12 times	13 times
1 are 8	1 are 9	1 are 10	1 are 11	1 are 12	1 are 13
2 „ 16	2 „ 18	2 „ 20	2 „ 22	2 „ 24	2 „ 26
3 „ 24	3 „ 27	3 „ 30	3 „ 33	3 „ 36	3 „ 39
4 „ 32	4 „ 36	4 „ 40	4 „ 44	4 „ 48	4 „ 52
5 „ 40	5 „ 45	5 „ 50	5 „ 55	5 „ 60	5 „ 65
6 „ 48	6 „ 54	6 „ 60	6 „ 66	6 „ 72	6 „ 78
7 „ 56	7 „ 63	7 „ 70	7 „ 77	7 „ 84	7 „ 91
8 „ 64	8 „ 72	8 „ 80	8 „ 88	8 „ 96	8 „ 104
9 „ 72	9 „ 81	9 „ 90	9 „ 99	9 „ 108	9 „ 117
10 „ 80	10 „ 90	10 „ 100	10 „ 110	10 „ 120	10 „ 130
11 „ 88	11 „ 99	11 „ 110	11 „ 121	11 „ 132	11 „ 143
12 „ 96	12 „ 108	12 „ 120	12 „ 132	12 „ 144	12 „ 156

FARTHING TABLE

Far.		d.	Far.		d.	Far.		d.	Far.		d.
4	make	1	16	make	4	28	make	7	40	make	10
5	"	$1\frac{1}{4}$	17	"	$4\frac{1}{4}$	29	"	$7\frac{1}{4}$	41	"	$10\frac{1}{4}$
6	"	$1\frac{1}{2}$	18	"	$4\frac{1}{2}$	30	"	$7\frac{1}{2}$	42	"	$10\frac{1}{2}$
7	"	$1\frac{3}{4}$	19	"	$4\frac{3}{4}$	31	"	$7\frac{3}{4}$	43	"	$10\frac{3}{4}$
8	"	2	20	"	5	32	"	8	44	"	11
9	"	$2\frac{1}{4}$	21	"	$5\frac{1}{4}$	33	"	$8\frac{1}{4}$	45	"	$11\frac{1}{4}$
10	"	$2\frac{1}{2}$	22	"	$5\frac{1}{2}$	34	"	$8\frac{1}{2}$	46	"	$11\frac{1}{2}$
11	"	$2\frac{3}{4}$	23	"	$5\frac{3}{4}$	35	"	$8\frac{3}{4}$	47	"	$11\frac{3}{4}$
12	"	3	24	"	6	36	"	9	48	"	12
13	"	$3\frac{1}{4}$	25	"	$6\frac{1}{4}$	37	"	$9\frac{1}{4}$	240	"	5/-
14	"	$3\frac{1}{2}$	26	"	$6\frac{1}{2}$	38	"	$9\frac{1}{2}$	480	"	10/-
15	"	$3\frac{3}{4}$	27	"	$6\frac{3}{4}$	39	"	$9\frac{3}{4}$	960	"	£1

PENCE TABLE

d.		s.	d.	d.		s.	d.	d.		s.	d.	d.		s.	d.
12	make	1	0	22	make	1	10	40	make	3	4	100	make	8	4
13	"	1	1	23	"	1	11	48	"	4	0	108	"	9	0
14	"	1	2	24	"	2	0	50	"	4	2	110	"	9	2
15	"	1	3	25	"	2	1	60	"	5	0	120	"	10	0
16	"	1	4	26	"	2	2	70	"	5	10	130	"	10	10
17	"	1	5	27	"	2	3	72	"	6	0	132	"	11	0
18	"	1	6	28	"	2	4	80	"	6	8	140	"	11	8
19	"	1	7	29	"	2	5	84	"	7	0	144	"	12	0
20	"	1	8	30	"	2	6	90	"	7	6	200	"	16	8
21	"	1	9	36	"	3	0	96	"	8	0	240	"		£1

SHILLINGS TABLE

s.		£	s.	s.		£	s.	s.		£	s.	s.		£	s.
20	make	1	0	90	make	4	10	160	make	8	0	500	make	25	0
30	"	1	10	100	"	5	0	170	"	8	10	600	"	30	0
40	"	2	0	110	"	5	10	180	"	9	0	800	"	40	0
50	"	2	10	120	"	6	0	190	"	9	10	1000	"	50	0
60	"	3	0	130	"	6	10	200	"	10	0	2000	"	100	0
70	"	3	10	140	"	7	0	300	"	15	0	3000	"	150	0
80	"	4	0	150	"	7	10	400	"	20	0	5000	"	250	0

THE ROMAN NOTATION TABLE

1	...	I.	11	...	XI.	25	...	XXV.	300	...	CCC.
2	...	II.	12	...	XII.	30	...	XXX.	400	...	CD.
3	...	III.	13	...	XIII.	40	...	XL.	500	...	D.
4	...	IV.	14	...	XIV.	50	...	L.	600	...	DC.
5	...	V.	15	...	XV.	60	...	LX.	700	...	DCC.
6	...	VI.	16	...	XVI.	70	...	LXX.	800	...	DCCC.
7	...	VII.	17	...	XVII.	80	...	LXXX.	900	...	CM.
8	...	VIII.	18	...	XVIII.	90	...	XC.	1000	...	M.
9	...	IX.	19	...	XIX.	100	...	C.	1500	...	MD.
10	...	X.	20	...	XX.	200	...	CC.	2000	...	MM.

A line placed over any letter increases the value 1,000 times, as :—

$\overline{V}$ 5,000.

$\overline{D}$ 500,000.

$\overline{M}$ 1,000,000.

HISTORICAL EVENTS

- B.C. 55. Julius Cæsar's invasion of Britain.
- A.D. 410. The Romans finally quitted Britain.
596. St. Augustine arrived in England.
827. Egbert, first King of all England.
1066. Norman conquest. Harold defeated at Hastings.
1170. Murder of Becket (Archbishop of Canterbury).
1215. King John signed Magna Charta at Runymede.
1314. Battle of Bannockburn.
1429. Defeat of the English by Joan of Arc.
1474. Caxton introduced Printing into England.
1485. War of Roses ends. Battle of Bosworth.
1497. Discovery of America by Christopher Columbus.
1535. The first English Bible (Coverdale's).
1588. Spanish Armada defeated.
1618. Execution of Sir Walter Raleigh by James I.
1649. Charles I beheaded, January 30th.
1653. Oliver Cromwell made Lord Protector.
1664. The Great Plague of London.
1704. Gibraltar taken by the English.
1756. English Prisoners in Black Hole of Calcutta.
1759. Quebec captured by Gen. Wolfe. Canada acquired.
1805. Battle of Trafalgar. Death of Nelson.
1815. Defeat of Napoleon by Wellington at Waterloo.
1837. Accession of Queen Victoria, 20th June.
1846. Repeal of the Corn Laws.
1854. Crimean War. Balaclava, Inkerman, Alma, etc.
1857. Indian Mutiny. Delhi captured. Relief of Lucknow.
1873. First London Board School opened.
1889. County Councils Act passed.
1901. Death of Queen Victoria. Accession of Edward VII.
1902. Anglo-Japanese Treaty.
1903. Meeting of New Government at Pretoria.
1904. Russo-Japanese War began.
1906. Russian Duma born.

Wife (who has caught husband squandering a penny on fortune telling machine: "H'm! so you're to have a beautiful and charming wife, are you? Not while I'm alive, Horace—not while I'm alive!")

HOW TO TELL A PERSON'S AGE

Young ladies of a marriageable age do not like to tell how old they are, but you can find out by following the subjoined instructions. Let the person whose age is to be discovered do the figuring. Suppose, for example, that her age is fifteen, and that she was born in August. Let her put down the number of the month in which she was born and tell her to proceed as follows :—

Number of month	...	...	...	...	8
Multiply by 2	...	...	...	...	16
Add 5	...	...	...	...	21
Multiply by 50	...	...	...	...	1,050
Then add the age (15)	...	...	...	...	1,065
Subtract 365, leaving	...	...	...	...	700
Add 115, making	...	...	...	...	815

She will then announce the result, 815, whereupon you inform her that her age is fifteen, and August or the eighth month, is the month of her birth, for the two figures to the right in the result will always indicate the age, and the remaining figure or figures the month the birthday falls in. This rule never fails for all ages up to one hundred. In ages under ten a cypher will appear in the result, but no account is taken of this.



A LITTLE MORE

A little more kindness,
 A little less creed ;
 A little more giving,
 A little less greed ;
 A little more smile,
 A little less frown ;
 A little less kicking
 A man when he's down.
 A little more " We,"
 A little less " I " ;
 A little more laugh,
 A little less cry ;
 A little more flowers
 On the pathway of life,
 And fewer on graves
 At the end of the strife.

SEASONS

Spring begins 21st March ... Spring Equinox ... 12 hrs. day... 12 hrs. night.
 Summer „ 21st June ... Summer Solstice ... longest day.
 Autumn „ 23rd Sept. ... Autumnal Equinox 12 hrs. day... 12 hrs. night.
 Winter „ 21st Dec. ... Winter Solstice ... shortest day.

Quarter Days :—

Lady Day, March 25th.	Michaelmas Day, September 29th.
Midsummer Day, June 24th.	Christmas Day, December 25th.

Half-Quarter Days :—

February 8th. May 9th. August 11th. November 11th.

Days in each Month :—

January, 31; February, 28 (*but 29 in leap year*); March, 31; April, 30;
 May, 31; June, 30; July, 31; August, 31; September, 30; October, 31;
 November, 30; December, 31.

Days of Week :—

Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday.
Learn to spell these names, which all begin with a capital letter.

NOTE.—When the date is divisible by 4 without remainder it is Leap Year, as 1908, but with the even hundreds, 1600, 1800, 1900, the *first two figures* must be divisible by 4 if it is a leap year.

TIME MEASURE

60 Seconds ...	1 Minute	4 Weeks ...	1 Lunar month
60 Minutes ...	1 Hour	13 L. months and	
24 Hours ...	1 Day	1 day ...	1 Year
7 Days ...	1 Week	52 Weeks & 1 day	1 Year
365 Days ...	1 Year	28, 29, 30, or 31	1 Calendar
366 Days ...	1 Leap Year	days	month
100 Years ...	1 Century	12 Calendar mths.	1 Year



DO YOU THINK QUICKLY?

ANSWERS TO QUESTIONS ON PAGE 58.

- | | |
|--|--|
| 1—Hate.
2—Absurd.
3—Opponents.
4—9s. 9d.
5—Scarcer.
6—Snow. | 7—Temperature.
8—No. 7.
9—No. 3.
10—No. 8.
11—44 Inches.
12—15. |
|--|--|

